



Your Miracle Is Possible

Increase Your Attention Span

Q & A Tonight at 7pm.

Esther 5:9-13(Msg): "Haman left the palace that day happy, beaming. And then he saw Mordecai sitting at the King's Gate ignoring him, oblivious to him. Haman was furious with Mordecai. But he held himself in and went on home. He got his friends together with his wife Zeresh and started bragging about how much money he had, his many sons, all the times the king had honored him, and his promotion to the highest position in the government. 'On top of all that,' Haman continued, 'Queen Esther invited me to a private dinner she gave for the king, just the three of us. And she's invited me to another one tomorrow. But I can't enjoy any of it when I see Mordecai the Jew sitting at the King's Gate.'"

Esther 9:28(NIV): "These days should be remembered and observed in every generation by every family, and in every province and in every city. And these days of Purim should never fail to be celebrated..."

Deuteronomy 31:18(NIV): "And I will certainly hide (Astir) my face..."

The greatest miracle is when a person is grateful for what they already have.

1. Haman's name is in the Garden of Eden. Genesis 3:11
2. Only two beauty pageants, Genesis 2 and Esther 2
3. One thing
4. Eve & Zeresh
5. Death

Decreases Attention Span

Digital Multitasking
Social Media
Information Overload
Lack of Good Sleep
Chronic Stress
Blue light
Sedentary Lifestyle
Constant notifications/Interruptions

Increases Attention Span

1 Meditation/Mindfulness

Joshua 1:8(ESV): "This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."

Psalms 1:1,2(NIV): "Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night."

Luke 5:16(EASY): "But Jesus would often go away from the crowd to pray in quiet places."

Shema- "sustained attention"

"Hurry is not of the devil; hurry is the devil." Carl Jung

Pay Attention to Gratitude

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.