



Tips for Better Concentration

Adapted for Cedar Springs from Discipleship Journal – July/August 1988

With the routine demands of family, work and pleasure it is evident that to keep focused one must be intentional. Many churchgoers struggle on Sundays with regard to taking in the sermon. The lack of concentration becomes a point of frustration because the mind is everywhere but in the right place to hear what God has to say. Here are a few tips to put into practice that will help.

Get enough sleep

It's difficult to concentrate on a sermon if you haven't had enough sleep. Very few things will help you pay attention better than a good night's sleep. How you spend Saturday night and early Sunday morning has a great deal to do with how much you'll receive from the sermon.

Takes notes

Taking notes focuses your concentration on the preacher's message. Even if you don't intend to file the notes for future reference, writing down key thoughts will help you pay attention. Writing

down ideas burns them into your brain much more effectively than merely hearing them. You can enhance your note taking by recording your own thoughts, questions, applications, and related Scriptures as you listen. This helps make the sermon an interactive, relational experience instead of simply a passive one.

The lack of concentration becomes a point of frustration

Sit near the front

Sitting closer to the front minimizes distractions. The less distance between you and the preacher, the fewer the diversions. You'll see fewer people talking and moving. You'll be less distracted by other people's idiosyncrasies, clothing, babies looking at you, or parents struggling to make their children pay attention.