



Behold - July 19, 2026

Message Recap

Last week we learned the principle: **You become what you behold.** This week, Pastor Byron showed us that the same principle shapes our closest relationships. From Adam's first glimpse of Eve in Genesis to Christ's love for the Church in Ephesians 5, Scripture reveals that our attention is never neutral. Where our eyes consistently rest reveals what our hearts value. Healthy relationships aren't sustained by grand gestures alone, but they're built through daily, intentional attention. Whether we're married, single, dating, or cultivating friendships, we all become better at loving when we choose to truly see the people God has placed in front of us. Most importantly, we can love others because God first turned His face toward us and never looked away.

Icebreaker / Personal Reflection

- **Icebreaker:**

What app on your phone gets the biggest share of your attention? Have you ever taken a break—or a "fast"—from your phone or a specific app? What did you notice?

- **Reflection:**

What part of the message resonated with you the most?

Discussion Questions

1. Pastor Byron said, "Love begins as a look." Why do you think attention is such a foundational part of every meaningful relationship?
2. The message suggested that **"the first thing sin broke was the gaze."** In what subtle ways do people still hide from one another today—even while living under the same roof or spending time together?
3. Whether you're married, single, dating, or widowed, how can the principle of intentionally "beholding" someone shape your friendships, family relationships, coworkers, or church community?
4. In Genesis 3, Adam hid after sin entered the world, but God came searching with the question, **"Where are you?"** What does that reveal about God's heart toward us when we fail?
5. What's one practical change you could make this week to give your full attention to the people who matter most?

For Additional Study

Read: Numbers 6:24-26; Hebrews 12:2; Luke 15:1-7

- Before we ever sought God, He pursued us. How does knowing you are already fully seen and loved by God change the way you approach Him?
- Hebrews says Jesus endured the cross "for the joy set before Him." What does it mean that Christ's love remained fixed on us even at our worst?
- How does experiencing God's unwavering attention empower us to extend that same kind of love to others?

Read: Psalm 27:4; Colossians 3:12-17; Philippians 2:3-4

- What distractions most often compete for your attention and keep you from being fully present with God or with others?
- How can intentionally slowing down and truly seeing people become an act of Christlike love?
- What is one specific relationship where you sense God inviting you to "look again" this week?