

## **Cognition**

A Two-Minute Thought by Eric

Have you ever been so hyper-sensitive to an environment that nearly everything made you skittish? When I was a child, I was afraid of the dark. When I would get scared, any little noise suddenly became amplified ten-fold. In that instance, I was very sensitive to the environment around me. I was listening intently for anything and would often hear sounds that had been there before, but had gone unnoticed. I'm sure there's a name for this condition, but what is the cure?

In the same way, how sensitive are we when it comes to listening to God? So often I find myself intently listening for Him in times that I am scared - or nervous, struggling, upset, panicked, anxious, etc. - but not so much in times when things are "normal". Have you ever had a day where it seemed that everything reminded you of something specific or maybe everything seemed to relate to a problem in your life? Why is that? Perhaps because that problem was at the forefront of all of your thoughts and you were hyper-sensitive to the environment around you.

What would it take for us to put God in the forefront of our thoughts? Can you imagine what our lives would be like being able to find God in everything we do - without even really trying? The fact is, we could hear even the smallest whisper from God if we simply put Him in front of everything we do. And when that happens, you've found the cure!