

# GRO-HI

God's Return on His Investment

Session 21

March 25, 2026



Expect a return

- Seeking God is how we come to *know* Him and are shaped into who we were created to be. **John 17:1-4**
- We need to seek God because we're surrounded by so many distractions. **Matthew 6:33**

## **The benefits of seeking God**

Matthew 6:33

### **1. Seeking God gives you a clear center (priority shift)**

When you make God your primary focus, everything else gets reordered.

Distractions thrive when everything feels equally important. Seeking God helps you recognize: *this matters, this doesn't.*

### **2. Seeking God rains your attention**

Spending time in prayer or Scripture is like strengthening a muscle – your ability to focus. Over time, you become more aware of when your mind is drifting and better able to bring it back.

### **3. Seeking God quiets internal noise**

A lot of distractions aren't external – they come from anxiety, comparison, or restlessness. Seeking God brings peace and steadiness, which reduces that inner chaos that pulls your attention in a hundred directions.

Matthew 6:25, 26