



Who made the world?
Who made the swan, and the black bear?
Who made the grasshopper?
This grasshopper, I mean-
the one who has flung herself out of the grass,
the one who is eating sugar out of my hand,
who is moving her jaws back and forth instead of up and down-
who is gazing around with her enormous and complicated eyes.
Now she lifts her pale forearms and thoroughly washes her face.
Now she snaps her wings open, and floats away.
I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?

—Mary Oliver

Conversation Starters

1. Talk about what you give the bulk of your attention to these days?
2. Do you have “issues” with your cell phone or other “screens?” If so, what do you notice?
3. If you had to describe your relationship with your phone or social media or computer or video games in a relationship-type phrase, what would that phrase be? (Example: We are married. We are married, but need to divorce. It is a distant cousin, etc.)
4. How much of your attention and time do you offer to God? Meaning, how much of your day is spent open to God's goodness and presence all around you? How much of your attention is given to those you love? To the things you say you care about? How do you feel about what you notice?
5. If you could do a bit of a break-up with your phone, what might that look like? Why not start now? What keeps you from doing it?
6. Have you ever put any kind of app-blocker or usage monitor on your phone? If so, what did you notice?
7. In the end, think about the poem Alice ends her teaching with and answer this question: What do you plan to do with your one wild and precious life? And how do you hope your phone fits in with that answer?