

Week 2: Practicing Attentiveness to God’s Presence in Daily Life

Speaker: Patricia Driggers

Effects of a Renewed Mind when you Practice Attentiveness to God’s Presence in Daily Life

- Overcome negative emotions
- Christ-like lifestyle
- Christian worldview (class focus today)
- Understand Christian doctrines
- Discern God’s will (class focus today)
- Worship and glorify God
- Know God’s will

What is Mindfulness (Attentiveness) Training (Phil. 2:5)

- Learning to focus on the present (breathing; what you feel; positive affirmations/visualizations) (Phil. 4:13)
- Learning to relax (imagine peaceful scene; be like a cat) (John 14:27; Matthew 11:30)
- Learning to retain memories (see, hear, smell, feel, taste)
- Discuss: What are some things you currently do to help you be mindful of living in the present?
- Discuss: What are some things your mind is full of from the past? About the future?
- Past (Phil. 3:13)
- Future (Phil 3:14)
- Present (Gal. 5:25)

Being Mindful in the Present

- See through God’s eyes
- Hear with God’s ears
- What do you smell? Holy Ghost rain?
- What do you feel? God’s Spirit? Healing? God’s Word speaking?
- What do you taste? Do you sense people’s hunger? Are you willing to share? (Psalms 34:8)

Renew your mind and God will speak to your spirit. Go to those in need and be a light for Jesus.

Things to Think About

- How can you apply mindfulness to CLC church services and activities?
- List some specific scenarios in your life when you desire to practice mindfulness.
- What are your goals for some of the scenarios you listed above?
- Name a time in your life when you did not respond to a present need. How did you feel afterwards?
- Name a time when you reached out to help someone. How did you feel afterwards?

PATHWAY TO
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**“Understanding
Your Inner Life”**

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Renewing the Mind & Inner Practices



And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

*Let God
transform you
into a new person
by changing
the way you think.*

Romans 12:2b (NLT)

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Romans 12:2



Practicing Attentiveness to God's Presence in Daily Life

When you practice attentiveness to God's presence in daily life, these are the effects:

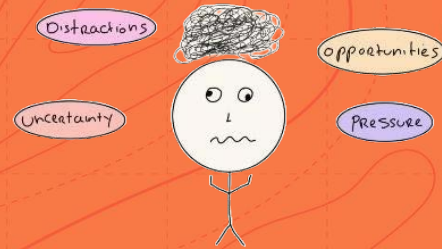
EFFECTS OF A RENEWED MIND

- Overcome negative emotions
- Christ-like lifestyle
- Christian worldview
- Understand Christian doctrines
- Discern God's will
- Worship & glorify God
- Know God's will

Mindfulness Training for the Child of God

What is mindfulness (attentiveness) training?

- Learning to focus on the present moment
- Learning to relax
- Learning to retain memories



Let this mind be in you, which was also
in Christ Jesus:



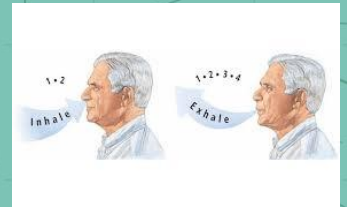
Philippians 2:5

What are some things
you currently do to help
you be mindful of living in
the present?



FOCUSING

- Breaths-inhaling and exhaling slowly
- What do you feel physically? (pressure, tingling, warmth, tension?)
- Positive affirmations/visualizations
(Example: By His stripes I am healed.)



I can do all things through Christ
which strengtheneth me.



Philippians 4:13

RELAXING

- Imagine a peaceful, calm scene (beach, forest, Jesus).
- Be like a cat.



Peace I leave with you, my
peace I give unto you: not as
the world giveth, give I unto you.
Let not your heart be troubled,
neither let it be afraid.



John 14:27

For my yoke is easy, and my
burden is light.



Matthew 11:30

RETAINING MEMORIES



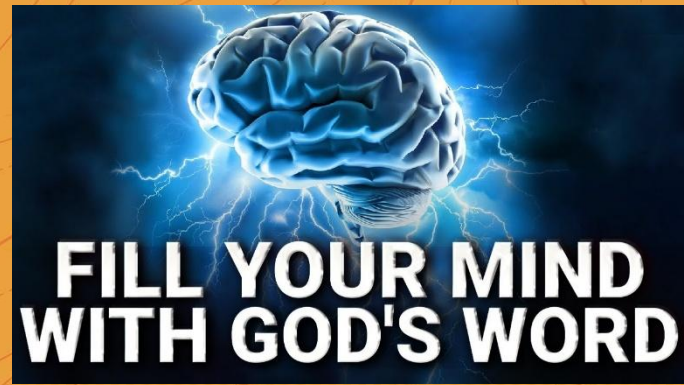
Name 5 things you can:

- **See** (squirrel, trees, clouds, dirt, flowers)
- **Hear** (birds, wind in leaves, vehicles, dog barking, kids playing)
- **Smell** (rain, damp ground and weeds, lilacs, campfire, pig farm)
- **Feel** (breeze, sweat, eye pain, warmth of sun, God's presence)
- **Taste** (salty, sweet, tangy, spicy, garlicky)

MINDFULNESS

What is your mind full of?

- The past?
- The future?
- The present?



What are some
things your mind is
full of from the
past?

About the future?



PAST

...but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,



Philippians 3:13

FUTURE

I press toward the mark for the prize of the high calling of God in Christ Jesus.



Philippians 3:14

PRESENT

If we live in the Spirit, let us also
walk in the Spirit.



Galatians 5:25

PRESENT

...be instant in season, out of
season;...



II Timothy 4:2

Being Mindful in the Present

SEE THROUGH GOD'S EYES.



- Who is around you?
- Study people's faces (emotions, reactions, frustrations, evidence of pain or illness)
- Ask WWJD? Who would Jesus talk to? Who would Jesus pray with? Who would Jesus get behind in line at the store?

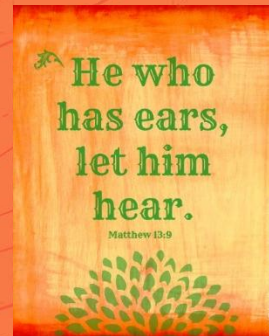
BEING MINDFUL IN THE PRESENT

Hear with God's ears.

- What do you hear? (an argument, a child crying, someone witnessing, God's voice speaking to you?)

My ears are God's ears, I hear with the ears of spirit. I am non-resistant and am willing to be led. I hear glad tidings of great joy.

Florence Scovel Shinn
Law of Attraction Haven



Being Mindful in the Present

What do you smell?

- Holy Ghost rain? If not, what can God do through you to make the rain of His sweet Spirit be fragrant to those around you?



Being Mindful in the Present

What do you feel?

- God's Spirit? Healing? God's Word speaking to your heart?



Being Mindful in the Present

What do you taste?

- Share God's yummy banquet with the hungry.
- How will I know who is hungry?



By practicing being mindful of your surroundings, of people around you, and of God's Spirit speaking to you and working through you.

O taste and see that the LORD is good:
blessed is the man that trusteth in Him.



Psalms 34:8

Renew your mind and
God will speak to your
spirit.



How can you apply
mindfulness to CLC
church services and
activities?



**List some specific
scenarios in your life
when you desire to
practice mindfulness?**



What are your
goals for some of
the scenarios
above?



**Name a time in your life
when you did not respond
to a present need.**

**How did you feel
afterwards?**



Name a time when you
reached out to help
someone.

How did you feel
afterwards?



Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in
thee.



Isaiah 26:3

We have Gathered at CLC.

We are Growing through
Pathways.

Now it is time to Go to those
in need and be a light for
Jesus.

