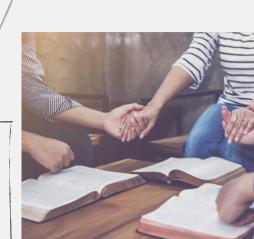
BIBLICAL

We can redefine
Mindfulness to include
our faith, and grow closer
to God in the process

MINDFULNESS

1 PAUSE

Take a deep breath, slow your racing thoughts, and focus on being still. I personally love Psalm 46:10, "Be still and know that I am God"





9 PICK

Decide what you'd like to be mindful about. I would recommend that you choose an attribute of God (i.e., Creator, Redeemer), a byproduct of who you are now that you're in Christ (i.e., forgiven, new creation), or what God has called you to do (i.e., evangelism, service

3 PRAY

When you decide you are finished, go to the Lord in prayer. Make sure you are not just thinking and self-reflecting about the concept, but that it becomes a conversation. Share with God in conversation what you discovered during your time

You can download your free mindfulness guide on the website below for your to enjoy

This simple formula of mindfulness will reap all the research-based benefits, yet will actually enhance your child's faith and trust in the Lord.



JENNA YOUNG CONSULTING

www.jennayoungconsulting.com



BIBLICAL mindfulness



We are going to take time out of our day to focus on things that are important



has done for you

What	specifically	did you	think	about	on	your	topic
		abo	ve?				



Talk to God about what you thought about



