



BIBLICAL

MINDFULNESS

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

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"



2 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.



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BIBLICAL mindfulness

1 Pause

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



Pick

2

What would you like to think about?

It can be something about God, or something God has done for you



What specifically did you think about on your topic above?

- _____
- _____
- _____
- _____

3 Pray

Talk to God about what you thought about

