

"How is Your Doing?" Part 2: Mindfulness Monday, 1/13 - Sunday, 1/19 (download at montrosechurch.org/daily-practices)

Use these daily practices (provided by Marriage and Family Therapists John & Sungshim Loppnow) to help you draw closer to God and experience His presence throughout the coming week. The Loppnows are leading the Developing a Deeper Connection class starting next Sunday, January 19 at 11:30 a.m. at the Ministry Office.

Monday, January 13 - Mindfulness

1. **Be Still** Intentionally slow down and pay attention to **your interior world** (thoughts/emotions/body sensations).
2. **Know** Notice how you are right now by scanning your thoughts, emotions and body sensations. In this moment, what are you telling yourself, feeling, etc.?
3. **God is Good** Tell God what you noticed about how you are right now (above). If it is pleasant, simply thank Him for the gift. If you are frustrated, upset or in pain, ask for God's help, "Have mercy on me God!" / "Help me, O Lord!"

Tuesday, January 14 - Prayer

1. **Be Still** Intentionally slow down and pay attention to the **relationship between you and God**.
2. **Know** Recognize that prayer is a back and forth interaction with God. Practice breath prayer as a way to pray without ceasing (1 Thessalonians 5:17), by using this example from Psalm 23:1:
Breathe in and hear God say to you, "I am your Shepherd".
Breath out and say back to God, "I have everything I need".
3. **God is Good** Notice the impact of your breath prayer. If it was pleasant, simply thank Him for the gift. If you are frustrated, upset or in pain, simply ask for his help and mercy. If it was unpleasant, ask for God's help, "Have mercy on me God!" or "Help me, O Lord!"

Wednesday, January 15 - The Word

1. **Be Still** Intentionally slow down and pay attention to how **God speaks to you through His living Word**.
2. **Know** Take a moment to know that God's words are alive and have healing power for you. One way of having His words alive in you is to memorize them. Slowly read Proverbs 3:5-6 three times with an intention to memorize: "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight." Note that in the original language, "acknowledge" means "detect". Let us become people who diligently detect God's presence in each breath and step we take.
3. **God is Good** Hear God speak directly to you. Slowly read Proverbs 3:5-6, "(My child) Trust in ME with all your heart, and lean not on your own understanding; in all your ways acknowledge ME, and I will make your paths straight." Notice the impact that hearing God's words has on you.

Thursday, January 16 - Journaling

1. **Be Still** Intentionally slow down and pay attention to **who God SAYS He is** instead of who you THINK God is.
2. **Know** Take a moment to notice the **bolded** words in Exodus 3:7-8 which reveal God's character towards His people. "Then the Lord said, "I have surely **seen** the affliction of my people who are in Egypt and have **heard** their cry because of their taskmasters. I **know** their sufferings, and I **have come down to deliver** them out

of the hand of the Egyptians and to **bring them up out** of that land to a good and broad land, a land flowing with milk and honey..."

3. **God is Good** Take a moment to journal about one of your life situations by using the sequence of Exodus 3:7-8: "Dear God, based upon your character revealed in Exodus 3, I trust that..."
 - You **see** what I am going through... (tell him what you are going through)
 - You **hear** my cry, groaning, longing... (write down your inner thoughts)
 - You **know how big my pain/suffering** is (share with God how big this is for you)
 - You are **at work** to help me.

Notice the impact that journaling has on you.

Friday, January 17 - Fasting

1. **Be Still** Intentionally slow down and pay attention to **how you react when you don't get what you want**.
2. **Know** Take a moment to know that when we fast from food we can deliberately feast on God's word. According to Dallas Willard, part of the purpose of fasting is to learn how to be kind and strong when you don't get what you want.
3. **God is Good** Fast from one meal today and notice how you think and feel when you don't get what you want. Choose a favorite passage of scripture to feast upon this day, with a special focus when you are fasting the meal. Notice how God provides through His Spirit illuminating His Word.

Saturday, January 18 - Service

1. **Be Still** Intentionally slow down and pay attention to **how God is inviting you to serve someone through a word of encouragement**.
2. **Know** Meditate on Hebrews 10:24-25, "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near."
3. **God is Good** Ask the Lord who you can encourage today. Example: Send them a written note, text, email, phone call, or contact them in person.

Sunday, January 19 - Worship

1. **Be Still** Intentionally slow down and pay attention to **God's presence with you and His action for you**. To slow down means to pause/breathe/sit/move slowly, etc.
2. **Know** Notice how benevolent God's presence and action has been in your life (past, present and future). Take a moment to worship God and His goodness through words, music, etc.
3. **God is Good** Reflect on / receive His delight in being with you.