

Mindful Moments

Mindful Moments offer encouragement on how we can be spiritually mindful outside of church. The idea is to increase our awareness of what God is already doing where we live, work, and play.

1. What can we do to remind ourselves to intentionally look for God's hand on the job, in school, at home, and with our friends?
2. Think of one person you can connect with on a spiritual level. Consider having a weekly check-in about what you see God being up to in your neighbourhood.
3. Read Luke 10:1-12 before you walk about your neighbourhood or your work place. Read it again when you return. How is God revealing Himself to you in this scripture?
4. Take a camera or sketchbook with you as you walk about your neighbourhood or workplace. Record what you see God drawing you towards. If you would like, send your images to Rubi at office@stpauls-anglican.ca for a compilation of what our congregation notices.
5. Walk about your neighbourhood or workplace bringing to mind the people you know as you pass by their homes or desks. Who is God bringing to mind most often?
6. Being mindful does not mean we will necessarily be witness to amazing miracles or godly coincidences. Being mindful can mean that we will be able to acknowledge discouragement and even disbelief to an understanding God. What discouragement or doubts are in your heart?
7. What are people doing on the street in your neighbourhood? What surprises you or concerns you about what you see? Where might God be at work in the lives of those around you?
8. Challenge yourself this week to connect with one person or family you have never connected with before. It could be as simple as saying hello, or as involved as inviting them for drinks and a BBQ. Commit to listening to them first.
9. Use all your senses to 'listen' to your neighbourhood: What do you see/not see? What do you hear/not hear? What do you smell/not smell? What do you feel/not feel? What might God be up to here?
10. Map your neighbourhood in your mind or on paper: What is at the centre? What landmarks are there? Where do people gather? Where do they not go? Name and locate the people you know on your map.
11. Your daily work is wherever it is you feel you are making a contribution. Maybe you work in an office, or on a construction site. Maybe you are a stay-at-home parent, or you're retired. What do you love about your daily work? What frustrates you? Who do you look forward to seeing everyday? Why? For people who have a similar occupation to you, what advice would you offer?
12. Why is listening to our neighbourhood so important? You may find the following video helpful: <http://vimeo.com/77079681>