

# *Soaring Into So Much More*

November 2021

## **Mindfulness**

### **MINDFULNESS DEFINED**

**Mirriam-Webster Dictionary: “bearing in mind: AWARE**

In the world of **Psychology** mindfulness is **the practice of maintaining a nonjudgmental state of awareness of one’s thoughts, emotions, or experiences.**

**www.Mindful.org** says mindfulness is **the basic human ability to be fully present.**

**Synonyms** include awareness, cognizant, to notice, observance

**Psalm 8:4 the NIV**

*What is mankind that you are mindful of them,  
human beings that you care for them?*

Here the **Hebrew** meaning is **“to mark as to be recognized, ie to remember.**

When this verse is quoted in Hebrews 2:6, the **Greek word** used means **“to remind, to recall to mind, to be mindful, remember.**

The Deborah Gall definition of mindfulness is this:

***Mindfulness is the act of recognizing and shaping thoughts, words, and actions in order to live purposefully as who God created you to be.***

Mindfulness is remembering, recognizing, and being present with the intentionality of moving beyond the present in who God created you to be and what He created you to do.

**Mindfulness hones the skill of taking thoughts captive.**

It sensitizes you to **respond rather than react. It chooses joy and so much more.**

## **BIBLICAL FOUNDATION**

### **Thoughts Affect the Body**

**All bold text is my emphasis.**

#### **Proverbs 23:7**

*For as he thinks within himself, **so he is.***

#### **Proverbs 4:20-22**

*My son, pay attention to what I say;  
turn your ear to my words.  
Do not let them out of your sight,  
**keep them within your heart;**  
for they are life to those who find them  
and **health to one's whole body.***

### **We Have the Power to Change**

#### **1 Corinthians 2:16**

*For who has known the mind of the Lord, that he will instruct Him? But **we have the mind of Christ.***

#### **2 Corinthians 10: 5**

*We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are **taking every thought captive** to the obedience of Christ,*

#### **Romans 12:2**

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

## **HOW WE CHANGE THOUGHT PATTERNS**

### **Spiritual Practices**

#### **1. Stay Tuned to the Lord**

##### **Isaiah 26:3 NLT**

*You will keep in perfect peace  
all who trust in you,  
all whose thoughts are fixed on you!*

#### **2. Pray diligently. Stay alert to gratitude**

##### **Colossians 4:2-4 (MSG)**

*Pray diligently. Stay alert, with your eyes wide open in gratitude. Don't forget to pray for us, that God will open doors for telling the mystery of Christ, even while I'm locked up in this jail. Pray that every time I open my mouth I'll be able to make Christ plain as day to them.*

#### **3. Keep the Word of God Front and Center**

##### **Deuteronomy 11: 18**

*"You shall therefore impress these words of mine on your heart and on your soul; and you shall bind them as a sign on your hand, and they shall be as frontals on your forehead.*

#### **4. Discipline Your Thoughts**

##### **Philippians 4:8**

*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.*

## 5. Commit to the Lord With Your Whole Being

### Matthew 22:37 (ESV)

*And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind."*

## A PRACTICAL PRACTICES

### Daily

#### 1. Create New Neural Pathways

Be being willing to do the work.

Become mindful of your reactions and thoughts

#### 2. Care for yourself

From **Dr. Caroline Leaf**

Switch On Your Brain Every Day: 365 Readings for Peak Happiness

*"Our thoughts change our brain, impacting our health and the world around us."*

*"What we listen to and think about changes the structure of our brains."*

*"What you wire into your brain through thinking is stored in your non-conscious mind. The non-conscious mind is where 99.9 percent of our mind activity is. It is the root level that stores the thoughts with the emotions and perceptions, and it impacts the conscious mind and what we say and do."*

#### 3. Daily Affirmations

- What are the truths the Lord speaks to you about who He created you to be?
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- What are the promises of God that need to be reinforced in your life right now?
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- Who does God say you are?

#### **4. Change Your Perspective**

##### **James 1:2**

*Count it all joy, my brothers, when you meet trials of various kinds,*

#### **5. Smile:**

##### **Proverbs 15:13**

*A joyful heart makes a cheerful face,  
But when the heart is sad, the spirit is broken.*

#### **6. Fill Your Mind With Godly Positive Thoughts**

#### **7. Fill Your Mind With Scripture**

#### **8. Read and Study**

##### **Hosea 4:6**

*My people are destroyed for lack of knowledge;  
because you have rejected knowledge,*

##### **Jereiah 33:3**

Call to me and I will answer you, and will tell you great and hidden things that you have not known.

## BE AN OVERCOMER

Don't be **content to stay where you are.**

Jesus tells us in **John 16:33**

*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world."*

**We have the power to overcome!**

We need to **co-labor with God** to take thoughts captive, to renew our minds, to create new neural pathways that lead to life, light, and blessing.

**The choice is yours.**

**Becoming mindful of your thoughts, words, and actions is the first step**

**Align** your thoughts to the promises of God.

**Affirm** who He created you to be and what He created you to do.

**Jeremiah 31:33**

*I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.*

**Philippians 2:13**

For it is God who works in you, both to will and to work for his good pleasure.

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### **Exercise: Mindfulness**

The exercise this month is another one that asks you to get real with the Lord, In other words it might hurt a little. Know that God is always by your side to bring you into a more transformed life in Him.

**Ask yourself the following questions. Journal your answers.**

1. Where in your life do you need to take responsibility for choosing “death, darkness, and destruction” rather than life, light, and blessing?
2. What recurring thoughts need to be submitted to the cross and Christ’s power?
3. What voices need to be silenced? Greek Chorus or Self talk?
4. What self-limiting beliefs need to be replaced with the promises of God?
5. What neural pathways need to be rewritten?
6. Think about what triggers you and what your immediate reaction to those triggers is.
7. Do you find yourself making always and never statements about yourself? That’s a good indicator that God wants to overwrite those thoughts.
8. What are your “power” scriptures? Post them where you see them regularly
9. Begin a habit of speaking and/or writing daily personal affirmations.
10. Begin a daily habit of listing at least three things you are grateful for.
11. Begin a habit of reading scripture daily.

**Remember:** We strive for ***progress, not perfection***. If you have a difficult time being motivated to change, ask Holy Spirit to help. He is there for you.

## Resources

Think and Eat Yourself Smart, Dr. Caroline Leaf

Switch On Your Brain Every Day: 365 Readings for Peak Happiness. Dr. Caroline Leaf

Feel Better Fast and Make it Last, Dr. Daniel G. Amen

The Daniel Plan, Rick Warren, Dr. Mark Hyman, Dr. Daniel G Amen

Also:

The Tapping Solution:

Books by Nick or Jessica Ortner

Website: [www.tappingsolution.com](http://www.tappingsolution.com)