

# MINDFUL MISSIONAL MOMENTS

\*Begin with a glass of water for every person

Look at the water in front of you.

Take a moment. Pause. Breathe. Focus just on the water. As you touch the water bring your thoughts to this one point allowing the rush and wildness of your day to fall away.

If you find yourself unable to focus, try patting over your heart in a rhythm that would reflect calm. Maybe you need to give your heart a pep talk after the day you've had. Perhaps whispering "all is well" as you tap your heart can remind you that in THIS moment and in THIS place you are safe, you are loved and you are a child of God.

Let calm be your focus.

Close your eyes. I want you to imagine a cloud. It might feel silly, but hang with me.

On that cloud I want you to imagine your worries or whatever is distracting you in this moment. Give that worry just this one moment more. Now blow or wave that cloud away.

Breathe in through your mouth and out through your nose slowly with me five times.

- I want you to relax your eyes by closing them,
- relax your eyebrows,
- relax your shoulders
- relax your arms and put your hands on your knees or in your lap. Just rest them.
- Relax your knees.
- Relax your toes and let them rest gently on the floor.

Now repeat after me:

- I am here with you God, you are here with me
- I am here with you God, you are here with me
- I will honor you with my thoughts
- I will honor you with my presence
- I will be with you

Amen

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Now touch the water.

I'd like you to try to describe the water without using the word wet.

How does it feel?

How does it make you feel?

When you think of water what comes to mind?

Water can give rise to thoughts of plenty, playgrounds with splash pads, or bathing our children.

It might also give rise to thoughts of need, like places of suffering, places that struggle for water.

In this moment how can you connect the feeling of the water and the thoughts surrounding it to God?

You have just experienced a moment of mindfulness.

For a Christian mindfulness should look a little different than a Buddhist or a yogi.

When we are living mindfully, we are looking for ways to connect everyday and often mundane experiences into moments of connection with God.

We have to train our brains to experience moments differently.

For instance, when we wash our hands.

How many times a day do you wash your hands? Hopefully at least before the three times a day that you eat and add some potty breaks.

How can we transform those times into mindful, missional moments as a mother?

Touch the water again and imagine washing your hands. When you wash your hands, take a brief moment to notice how the water feels. Is it cool or warm?

Just answering that question brings us to a moment of focus.

As you focus on the water, give God thanks for access to clean water. Thank him for the abundance of this source of life. Pray for those in this moment who don't have access to good, clean water.

Or perhaps the water can draw your mind to something more metaphorical. As you focus on the water, think of Jesus, the Living water. Pray for the salvation of your family. Pray for those who have never heard of the living water of Jesus Christ.

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Do you see what you did there? You turned a mindful moment into a missional moment.

That is just a moment in your day. 30 seconds or less to go from water to prayer.

But aren't our daily lives made up of thousands of moments? If we took just the moments with water and made them mindful, prayerful moments, we have turned ourselves into a powerful tool for the kingdom and our families.

If every time we turned on the spigot, we prayed, imagine how many prayers you would pray in a week!

Can you think of another mundane moment in your life that could become a mindful, prayerful, missional moment?

What if every time you started your car you stopped for a moment and prayed for safety for your journey, but also for the safety of refugees traveling to safety across the globe?

What are some other moments that you can think of?

Remember, The power of a praying, mindful woman is a force to be reckoned with as we fight back the darkness of this world.