



## **The Mindfulness BEETS Devotion Plan** (10-15 Minutes Before Devotional Scripture Reading & Prayer)

**Step #1 – (Opening Reflective Prayer & Meditation – take about 5 minutes for this exercise):** Make the sign of the cross to remember your baptismal identity in Christ as one created and redeemed by Him – one who is loved, forgiven, holy, and a child of God in Jesus. Then begin with an opening prayer to invite God into this moment and then take 5 minutes to be still before God as you meditate on the following passage from Psalm 46:10 – *“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”* Practice focused breathing, taking deep breaths in through your nose and breath out through your mouth. Recognize thoughts and emotions that might come in, but release them to God and return to your focus on your breathing and simply being still before God’s presence in the present moment. This is not a time to ruminate over disappointment, past hurts, broken dreams or the uncertainties of the future. This is simply a time to quiet your heart and mind. Simply be present before God not only to know Him, but for Him to know you.

**Step #2 – B (Body Awareness – take about 2 minutes for this exercise):** Check in to your body. As you pay attention to your body at this very moment, what is it telling you? Get comfortable in a chair or couch and be sure to get in a place where you won’t be interrupted. Close your eyes and ask the Lord to help you focus your attention. Starting at your feet, mentally envision a scanner slowly moving up through your body: your feet, your legs, your torso, your fingers, your arms, your shoulders, your neck, and your head. Try to become aware of any body sensations such as tenseness, tightness, soreness, a clinched jaw, an aching joint, a tight muscle, and so on. As you detect any of these, try to relax yourself and get into the most comfortable position.

Reflect a few moments on this Bible verse and submit your body to Him today as part of God's temple and dwelling place:

*"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."* (1 Corinthians 6:19-20)

**Step #3 – E (Environment Awareness – take about 2 minutes for this exercise):**

Check in to your current surroundings. As you pay attention to your immediate environment at this very moment, what are your five senses telling you? Next, with your eyes still closed, listen to the sounds around you. Don't just listen to the ones that immediately come to your awareness, but listen more deeply. Do you hear a clock on the wall? If you are outside, do you hear birds chirping or the rustling of leaves? Do you hear people talking? Pay attention to what your other senses are telling you. Do you feel wind on your skin? What do you smell? If you open your eyes, what are they drawn to? Focus on what your senses are telling you at this moment. Now, reflect a few moments on the following verses and thank the Lord for His creation and the five senses he's given to your body. Now, reflect for a few moments on the following Bible verses and tell the Lord that you want to live in His world today and a God-honoring way:

*"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."* (Psalm 139:14)

*"In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land."* (Psalm 95:4-5)

*"Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you."* (Luke 12:22-31)

**Step #4 – E (Emotions Awareness – take about 2 minutes on this exercise):**

Check in with your emotions. As you pay attention to your emotions at this very moment, what are they telling you? Next, pause and become aware of the emotions you are currently feeling. Are you angry, anxious, fearful, joyful, pensive, reflective, sad, happy, depressed? Whatever negative emotions you feel, acknowledge them;

don't stuff them. And don't ruminate on them. Simply name them for what they are. You are not judging them, just acknowledging them. Seek only to describe your emotions rather than ascribing or attaching some meaning to them. Reflect the following Bible verse, release your emotions to God and submit your emotional responses to the Spirit's control today:

*"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit."* (Galatians 5:22-25)

**Step #5 - T (Thought Awareness - take about 2 minutes on this exercise):**

Check in on your thinking. As you pay attention to your thoughts at this very moment, what are you thinking about? What are your thoughts right now? Are they about something that happened yesterday, last night, or last week? Are they about what you are planning to do today, tonight, or tomorrow? Are they about some issue in your church, family, work, or personal life? Are your thoughts negative or positive? As you did with your emotions, simply acknowledge your thoughts; don't judge them. Describe them rather than ascribing or attaching some meaning to them. Try to become aware of your current, real-time thoughts as an objective observer. Reflect over this Bible verses for a few moments and tell the Lord that you want to submit your thought life to Him today:

*"The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."* (2 Corinthians 10:4-5)

*"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."* (Romans 12:2)

**Step #6 - S (Soul Awareness - take about 2 minutes on this exercise):**

Check in on your soul. As you pay attention to your soul at this very moment, what is God impressing upon you? What are you sensing from Him? What sins need to be confessed so that you can better see His love, forgiveness and goodness for you in Christ? What healing is God wanting to do in your life right now? How is He leading you? How does He want you to know Him better and how does He want to know you better? Read these Bible verses and ask the Lord to search your heart and prepare you to respond to God's promptings today:

*"But, as it is written, 'What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him'— these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God."* (1

Corinthians 2:9-11)

*“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!” (Psalm 139:23-24)*

**Step #7 - Read A Devotional Time & Closing Prayer:** Close this time with a devotional time, like Bible reading, journaling and intercessory prayer. If you are looking for a place to begin try reading the Psalms. Focus not just on growing in your knowledge about God in this time, but also focus on knowing God relationally as well as being known by God in this time. These are God’s words of life and love for you in Jesus, the Word made flesh. Remember, *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”* (Hebrews 4:12) Jesus wants to encounter you in this time through this Word, assure you of His promises for you, and transform your life for His purposes. Approach this time with a heart open and read for this encounter. As you meditate on a portion of God’s Word, reflect on the following questions:

**1) What is this passage of Scripture saying?**

**2) What is Jesus saying to me in this passage?**

**3) What is Jesus calling me to do in response to this Word?**

If you are looking for a structure for your prayer time try the acronym “ACTS”:

**A - Adoration:** Praise God simply for who He is and all that He has done for you in Christ.

**C - Confession:** Confess your sins and a need for a Savior.

**T - Thanksgiving:** Thank God for all of His blessings in your life, especially for the new life and salvation freely given to you in Jesus.

**S - Supplication:** Come before God and make your prayer requests known for yourself, others in your life and for the world.

(Taken and adapted from the book “Brain Savvy Leaders” by Charles Stone)