

Do You Mind?

By Susan Vogt



Our minds are wonderful, awesome parts of our being. We observe and learn and experience joy, sadness, and stress because of things we think. This activity focuses on mindfulness as a form of prayer. Through mindfulness, we can pay attention to what is truly important and let go of the rest.

For

Adult, Couple

Season

Spring

Needed

Internet-connected device, clock or cellphone

Prepare in Advance

Decide if you will do this activity alone or with others.



 by [lisadragon](https://www.flickr.com/photos/lisadragon/)

Activity Plan

1. Choose a place where you can experience quiet. Begin by calming your mind and spirit and reminding yourself that you are in the presence of God. Pray aloud:

God of all things seen and unseen, today I seek to know you through emptying my mind of clutter and waiting for you to fill me with your wisdom. Help me to listen, and not to think too hard. Amen.

2. Timing yourself with a clock or phone alarm, take five minutes to sit in relaxed silence. Breathe deeply and simply pay attention to what is going on inside of you and around you. Take it all in, but don't plan how to act on it.
3. Next, stimulate your mind by viewing Andy Puddicombe's video, [Presentation on Mindfulness](#).
4. Mindfulness begins when you open up some space in your mind and let go of the hurry and stress of daily life. Mindfulness as prayer moves beyond that into centering your thoughts on how your wellbeing and that of others is a way of meeting Christ. Take another five minutes to be silent, but this time think of the next 24 hours in your life. Who will you be with? (You may choose your spouse, a child, or a stranger you will see in a store. Perhaps you will choose a person you don't really like.) What will you likely do? Be specific.
5. Choose one interaction you will likely have and imagine that encountering this person might be a way that Christ is looking, speaking, and possibly touching you. Pray about how Christ might want you to interact with this person. Close by praying:

Ever-present Christ, help me to recognize you in the people I encounter each day. Amen.

6. Follow through on your intention to be mindful of God's presence with you at your expected time. If, at the end of the day, you realize that you forgot to be mindful at the appointed time, forgive yourself. You will have another chance each day.
7. Repeat this 10 minutes of silent mindfulness each day for a week. What difference does it make in your life?

