**Biblical Mindfulness**

**God on our mind & thoughts**

Romans 12:2; Mark 12:30, 1 Peter 4:7 (NLV) Ephesians 4:22-24, Jeremiah 17:5-8,

Philippians 4:6-7, 2 Corinthians 2:16, Habakkuk 3:17-18

**Prime Directives/Role our Unconscious Mind**

1. **Stores memories**
2. **Organizes all memories**
3. Represses memories with unresolved negative emotion
4. Presents repressed memories for resolution – to make rational and to release emotion
5. Runs the body
6. **Preserves the body**
7. **Is the domain of the emotions**
8. **Is a highly moral being**
9. Enjoys serving, needs clear orders to follow
10. Controls and maintains all **perceptions**
11. Generates, stores, distributes, and transmits **energy**
12. Maintains instincts and generates **habits**
13. Needs repetition until a habit is installed
14. **Functions best as a whole integrated unit**
15. Is **symbolic** – uses and responds to symbols
16. Takes everything personally – the basis of Perception is Projection
17. Works on the principle of least effort
18. **Does not process negatives**

**Mindfulness:**

* The quality or state of being conscious or aware of something
* A mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations – all five senses
* Being aware of or bringing attention to this moment in time, deliberately and without judging the experience
* Awareness with detachment – not clinging, holding emotions lightly
* Moving from an associated/hooked to a dissociated/unhooked state
* Choosing **values** over suffering
* Psychological flexibility, openness & curiosity - **“Those who can adapt win.”**
* **Not allowing the difficulties of life & related emotions to dictate our next decisions and feelings**

**Mindfulness Exercise:**

1. I feel/think…..
2. I notice I feel/think….
3. Values to focus on…
4. Scriptures to focus on….

**Declarations:**

* I am blessed.
* I am prosperous.
* I am talented.
* I am creative.
* I am forgiven.
* I am redeemed.
* I am free.
* I am valuable.
* I am anointed.
* I am equipped.
* I am beautiful.
* I am attractive.
* I am amazing.
* I am fearfully and wonderfully made.
* I am a child of the Most High God.
* I have seeds of greatness.
* I will become all He's created me to be.
* I am victorious in Jesus name!

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