

Christian Mindfulness

Mindfulness is embracing God’s promise of abundant life—living life fully by being entirely present in each moment. God is in the moment and He invites us to join Him. Being present in each moment as it actually is rather than insisting that it be something different. Accepting our experience in each moment as a gift from God. Through mindfulness, we stop pushing away our experience and open ourselves to what God has for us through each moment. We learn to fully live the life that God has given us rather than resisting it in hopes that something “better” will come along.

But what about when our experience in the moment is painful? Wouldn’t we want to distract ourselves from reality when reality hurts? This is a universal human tendency, and yet ***avoiding our pain increases our pain. It is resistance to our experience that multiplies the pain of life into suffering that feels intolerable. God has made us far more resilient than we often realize.*** When we give ourselves messages like “I can’t stand this” or “this is too much,” we are adding negative judgments onto ourselves and our experience that increase our pain and interfere with our innate resilience which is a gift from God.

Christian mindfulness isn’t about emptying the mind; it’s about intentionally placing Christ at the center of our thoughts and concerns. When Jesus is first, our struggles no longer define us, He does.

Feature	Worldly Mindfulness	Christian Mental Wellness
Primary Focus	Self-awareness and “emptying”	Christ-awareness and “filling”
Source of Peace	Internal calm/environment	The Prince of Peace (Jesus)
View of Suffering	Something to be avoided	A tool for spiritual growth
Goal	Individual tranquility	Glorifying God & finding rest in Him

Thankfully, the Bible has a lot to say about calming our minds and keeping a vertical focus on the One who lovingly created us and knows us intimately. For example:

- The apostle Paul reminds Christians that they're called to be mindful and live with an awareness of the present (Philippians 2:1-5).
- Prayer is one very practical way Christians apply mindfulness to daily life (1 Thessalonians 5:17).
- Meditation appears in the Bible in the context of spending time studying the Word of God (Psalm 48:9; Psalm 63:6).
- We should look to Jesus and think about true, admirable things (Hebrews 12:2; Philippians 4:8).
- Christians shouldn't let themselves to be distracted by worry about the future (Matthew 6:25-34).
- Scripture teaches us to "take every thought captive" (2 Corinthians 10:5).
- Paul tells us to "be transformed" by renewing our minds (Romans 12:2) and to practice God-honoring thoughts (Philippians 4:9).

Now that we better understand what Christian mindfulness is and what the bible says about it, what are the next steps? How do we actually "do it"? Here are some common themes in Christian Mindfulness:

- **Deep Surrender/Letting Go:** Guided sessions designed to help you "let go and let God," reducing stress and anxiety.
- **Scripture Meditation:** Focusing on specific Bible verses (e.g., Phil. 4:6-7) to calm the mind.
- **Breathing and Stillness:** Utilizing breath to acknowledge God's presence,, often focusing on inhaling peace and exhaling worry.
- **Sleep and Relaxation:** Guided prayers to help release daily burdens before sleep.
- **Morning Centering:** Short, 5-10 minute meditations to start the day grounded in faith.

Here are some free Christian Meditation Resources such as You Tube videos and apps to help you get started:

- **Christ Centered Tribe:** Offers 10-20 minute sessions on releasing anxiety, surrender, and finding peace.
- **PneumaBreath:** Features morning meditations and deep breathing exercises centered on scripture.
- **Alabaster Co:** Provides quiet, guided contemplative prayers.

- **Insight Timer:** Features a wide variety of free Christian meditations and ambient sounds.
- **The Mindful Christian:** Offers free audio guides, including podcasts, SoundCloud, and YouTube channels, focusing on scripture.
- **Abide (Bible Meditation Prayer):** Features a wide variety of daily guided meditations, sleep stories, and structured plans to help users meditate on scripture.
- **Soul time Christian Meditation:** Combines psychology with Christian faith, offering personalized daily meditations for emotional well-being and anxiety relief.
- **Reflect: Christian Mindfulness:** Focused on Bible-based meditation, offering reflective prayer exercises and soothing, simple sessions.
- **Hope Mindfulness & Prayer:** Combines biblical scripture with proven mindfulness techniques for stress relief and daily devotion.
- **Pray As You Go:** Offers daily prayer sessions integrated with music, intended to fit into a busy, daily routine.
- **Practicing Presence:** A free app designed for simple, daily guided meditations that encourage stillness and connection with God.

C.S. Lewis said “God brings freedom and truth to humankind’s reality in two ways. First, contemplating eternity naturally pushes us to ponder God. Second, the present prompts us to meditate on our relationship with Him and whether we’re drawing nearer to or departing from Him. The present is also where we’re able to obey God, surrender our present desires to Him, receive grace for sins, and give thanks for His blessings.”

Thankfully, the wonderful thing about the present is that it’s never too late to go back to it. The present moment is always a new mercy and a new gift. Let’s strive to be more mindful of His constant presence and love.

Donna