

Building Mindfulness

- 10 mins of Daily Silence
- Mon: 20 mins Meditation on God's Humanity
- Tues: 20 mins on God's Empathy
- Wed: 20 mins on God's Nurturing Nature
- Thurs: 20 mins on God's Jealousy
- Friday: 20 mins on God's Attentiveness
- Sat: 20 mins on God's Anger
- Sun: 20 mins on God's Unfailing Love
- Sing: "Steadfast Love of the Lord Never Ceases"
- Journal Each Day. Biblegateway.com for Scriptures