

# The Guam Christian Church

Hafa Adai

A Mindful God

Building Mindfulness

# Knowing God

He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

(Ps 46:10)

# A Mindful God

“What is mankind that you are mindful of them,

a son of man that you care for him? You made them a little lower than the angels; you crowned them with glory and honor and put everything under their feet.”

(Heb 2:7-8)

Gentle and Attentive

A Mindful God

# He Cares for the Birds!

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

(Matt 6:25-26)

# God the Nurturer

He tends his flock like a shepherd:

He gathers the lambs in his arms

and carries them close to his

heart;

he gently leads those that have

young

(Isa 40:11)

# God Longs for Us!

“O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, but you were not willing”

(Mt 23:37)



# Jesus Understands

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin

(Heb 4:15)

# Spiritual Empowerment

A Mindful God

# Pleasing God!

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever.  
Amen.

(Heb 13:20-21)

# We have Everything we Need!

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires (2 Peter 1:3-4)

Meet all our Needs

And my God will meet all  
your needs according to his  
glorious riches in Christ  
Jesus (Phil 4:19)

# Kindness

Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance? (Rom 2:4)

God is Passionate about Us!

A Mindful God

# Burning Jealousy

Be careful not to forget the covenant of the Lord your God that he made with you; do not make for yourselves an idol in the form of anything the Lord your God has forbidden. For the Lord your God is a consuming fire, a jealous God.

Duet 24:23-24



# God's Anger

Now the people complained about their hardships in the hearing of the Lord, and when he heard them his anger was aroused. Then fire from the Lord burned among them and consumed some of the outskirts of the camp.

Num 11:1

# Reason with God

Then the Lord's anger burned against Moses and he said, "What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you, and he will be glad to see you (Ex 4:14)

# God has his Limits!

Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually. And the Lord was sorry that He had made man on the earth, and He was grieved in His heart. So the Lord said, "I will destroy man whom I have created from the face of the earth, both man and beast, creeping thing and birds of the air, for I am sorry that I have made them." But Noah found grace in the eyes of the Lord. (Gen 6: 5-8 NKJV)

# Jesus Wept!

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. “Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

Jesus wept.

Then the Jews said, “See how he loved him!” (John 11:33-36)

# David's Mindfulness

Vindicate me, Lord,  
for I have led a blameless life;  
I have trusted in the Lord  
and have not faltered.

Test me, Lord, and try me,  
examine my heart and my mind;  
for I have always been mindful of your unfailing  
love  
and have lived in reliance on your faithfulness  
(Ps 26:1-3)

What do you Hate?

A Mindful God

# What does God Hate?

There are six things the Lord hates,  
seven that are detestable to him: haughty eyes,  
a lying tongue,  
hands that shed innocent blood, a heart that  
devises wicked schemes,  
feet that are quick to rush into evil, a false  
witness who pours out lies  
and a person who stirs up conflict in the  
community (Prov 6:16-19)

# Love/Hate

## God Hates

- Gossip/Division
- Idols
- Injustice
- Pride
- Divorce
- Sin
- Greed
- Mocker
- Deceit

## God Loves

- Truth
- Repentance
- Obedience
- Perseverance
- Humility
- Righteousness
- Faith
- Forgiveness
- Helping the Poor



# God is!

- Attentive
- Nurturing
- Empathetic
- Shows Emotion
- Passionate
- God Hurts/Cries
- Possessive
- Love us Deeply
- Feeling what God Feels
- Mind-Ful of God
- Transference: Godly Character

# Do You Believe!

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt.

(James 1:5-6)

# 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](http://Biblegateway.com) for Scriptures

# Communion: Compelled by Love

If we are “out of our mind,” as some say, it is for God; if we are in our right mind, it is for you. For

Christ’s love compels us, because we are convinced that one died for all, and therefore all died. And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

(2 Cor 5:13-15)

