

Building Mindfulness 9/21

- 10 mins of Daily Silence
- Mon: 20 mins Meditation on Mercy
- Tues: 20 mins on God's Grace
- Wed: 20 mins on God's Patience
- Thurs: 20 mins on God's Faithfulness
- Friday: 20 mins on God's Protection
- Sat: 20 mins on God's Forgiveness
- Sun: 20 mins on God's Unfailing Love
- Sing: "Our God is an Awesome God" for 2 minutes
- Journal Each Day. Biblegateway.com for Scriptures