

# Building Mindfulness

- 10 mins of Daily Silence
- Mon: 20 mins Meditation on God's Creation
- Tues: 20 mins on God's Grace
- Wed: 20 mins on God's Power
- Thurs: 20 mins on God's Redemption
- Friday: 20 mins on God's Mercy
- Sat: 20 mins on God's Salvation
- Sun: 20 mins on God's Unfailing Love
- Sing: "Our God is an Awesome God" for 2 minutes
- Journal Each Day. [Biblegateway.com](http://Biblegateway.com) for Scriptures