

# Guam Christian Church

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# Building Mindfulness

- Battle in our Minds
- Living in the Now
- Pure Spiritual Motivation
- Mind of Christ
- A Mindful God
- God is Passionate about Us (Love/Hate)

# What is Mindfulness?

Definition: A technique in which one focuses one's full attention only on the present

The state or quality of being mindful or aware of something (Dictionary.com)

Mindful of Others

Building Mindfulness

# Mind and Attitude

May the God who gives endurance  
and encouragement give you the  
same attitude of mind toward each  
other that Christ Jesus had

Rom 15:5

# 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)

# Depth of Knowledge and Love!

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God (Phil 1:9-11)

# Knowledge and Love

- Paul's prayer for the church
- Knowledge of God
- Discernment
- Wisdom
- Depth
- Filled (Capacity)
- Increasing in Love (Others)



# Retain it or Lose It!

Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done. They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents  
(Rom 1:28-30)

What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

# Love starts with Knowledge!

## Full of the World

- No time/Priority
- Little Growth
- Selfish
- Busy/Pride
- Shallow/Emotional
- Frustration/Anger
- Guilt
- Worry/Fear
- Christian Chores

## Full of God

- Retain it
- Growth
- Selfless/Others
- Boundaries/Humility
- Wisdom/Consistent
- Peace
- Joy
- Faith/Trust
- Powered by Holy Spirit

# Where is the Love?

Family, Spouse, Children or Church!

# Where is the Love?

I think the whole world's addicted to the drama  
Only attracted to things that'll bring you trauma.....  
The Bloods and the Crips and the KKK  
But if you only have love for your own race  
Then you only leave space to discriminate  
And to discriminate only generates hate  
And when you hate, then you're bound to get irate, yeah  
Madness is what you demonstrate  
And that's exactly how anger works and operates  
Man, you gotta have love just to set it straight  
Take control of your mind and meditate  
Let your soul gravitate to the love, y'all, y'all

# Chorus

People killin', people dyin'  
Children hurtin', hear them cryin'  
Can you practice what you preach?  
And would you turn the other cheek?  
Father, father, father, help us  
Send some guidance from above  
'Cause people got me, got me questioning  
Where is the love?

# We have been Loved!

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

We love because he first loved us. Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. (1 John 4:18-20)

# God's Loved Poured into Us!

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us (Rom 5:1-5)



# Know God, Know Love!

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.

This is how we know that we live in him and he in us: He has given us of his Spirit. And we have seen and testify that the Father has sent his Son to be the Savior of the world. If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. And so we know and rely on the love God has for us.

God is love. Whoever lives in love lives in God, and God in them.

(1 John 4:7-16)

# Love hits Critical Mass

May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones. (1 The 3:12-13)

# Spiritual Awareness

Mindful of Others

# Consider Others

Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

(Heb 10:23-25)

# Who needs Attention?

The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it (1 Cor 12:21-26)

# Unbelieving Heart!

See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness. We have come to share in Christ, if indeed we hold our original conviction firmly to the very end (Heb 3:12-14)

# Spiritually Weak/Avoidance

- See to it/Spur on!
- Many have Drifted
- Unbelief (Worry/Busy)
- Forgiveness
- Shallow (Honesty)
- Constant Attitudes
- Zoom Exposure
- Avoid: Marriage, Children, Purity, Conflict Res.
- Souls are at stake

# The First Step is to Obey!

Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart (1 Peter 1:22)



# Love Transferred

A new command I give you: Love one another. As I have loved you, so you must love one another.

(John 13:33)

Freedom in His Love

Mindful of Others

# Praise, Glory and inexpressible Joy!

These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls. (1 Peter 1:7-9)

# Power of Loving Deeply

Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling.

(1 Peter 4:8-9)

# Mindful of Others

- Meditate on 1Cor 12:21-27
- Consider one person in the church and share with them 20 things you appreciate about them?
- Try and get with them (social distance etc.) and share the 20 things.
- Journal the response and how it made you feel.
- Optional Daily Meditation: Phil 2:1-18

# Communion

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

In your relationships with one another, have the same mindset as Christ Jesus:

Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

And being found in appearance as a man,

he humbled himself

by becoming obedient to death—

even death on a cross! (Phil 2:1-8)