

Mindfulness: Kind Attention

~What You Practice Grows Stronger~

Proverbs 21:21 – *“Whoever pursues righteousness and kindness will find life, righteousness, and honor.”*

Mindfulness isn't just about paying attention, but HOW we pay attention.

If we pay attention with Judgement, then we grow in Judgement.

If we pay attention with Frustration, then we grow in Frustration.

If we pay attention with Kindness, then we grow in Kindness.

What do we want to grow? What do we want to practice?

Philippian 4:8-9 - ⁸ *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* ⁹ *Whatever you have learned or received or heard from me, or seen in me—**put it into practice.** And the God of peace will be with you.*

Mindfulness works. Its good for you.

Strengthens our immune system

Decreases Stress

Decreases Cortisol

Helps us sleep

Psalm 139:13-14 - ¹³ *For you created my inmost being; you knit me together in my mother's womb.* ¹⁴ *I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.*

shame. doesn't. work.

Shame shuts down our brain's ability to grow and learn.

Shameful parts don't get the help it needs.

(1 Cor. 12:22-23 ²² On the contrary, those parts of the body that seem to be weaker are indispensable, ²³ and the parts that we think are less honorable we treat with special honor....)

Kind Attention

- Kindness gives us the courage
- Kindness produce dopamine
- Kindness turns brain growth and learning
- Kindness produces true and lasting transformation

Kind attention is an essential aspect of Christian Mindfulness.

Transformation is possible for all of us.

It takes practice. Lots of practice. What you practice grows stronger.

Kind Attention Homework

Everyday – morning ideally..

1. ~ Read and meditate Psalm 139:13-14
 - ~ Journal the intrusions...i.e. unbidden thoughts, songs, noises
 - ~ Journal efforts to stay or regain focus, i.e. re-reading, closing eyes
2. ~ Place your hand over your heart (it releases oxytocin)
 - ~ Say to yourself , “Good Morning, I love you (your name)”