

THE WAY OF PEACE | WEEK #04

What's on Your Mind? | January 29th

A QUICK REVIEW OF THE PEACEMAKING RULE OF LIFE

Week 01: A Jesus-centered life is a peace-centered life.

Rule #1 Daily choose to follow Jesus: walk the narrow path of loving mercy, doing justice and living sacrificially

Rule #2 Daily listen to Wisdom: work hard for knowledge then use it to rewrite the *Five Unacceptable Truths*

WHAT'S THE ISSUE ANYWAY?

What do you _____ when you hear the word 'prayer'?

Some of us feel _____.

Some of us feel _____.

Some of us feel _____.

I feel _____.

Our understanding of the _____ of prayer can shape our understanding of the purpose of _____ in our lives.

WHAT WISDOM DOES SCRIPTURE OFFER US?

Jesus prayed that we would be _____ with God. (John 17:21)

Jesus was the perfect example of _____. (John 14:10)

Prayer is _____ my mind to my life in Christ (oneness). (1 Thessalonians 5:17 and Colossians 3:3)

Prayer is _____ mindfulness of our oneness with God and all that is in God.

THE WAY OF PEACE RULE #3

Practice _____: be fully present with God in every moment.

HOW CAN I PRACTICE MINDFULNESS IN MY EVERY DAY, NORMAL LIFE?

Treat no moment _____ than any other moment.

Mindfulness sees the moment without _____.

Carry a mindfulness _____.

HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

Mindfulness brings awareness to our oneness which grows _____ in us.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Grow in my daily practice of mindfulness.
2. Spend a few minutes each day dedicated to quiet reflection and attentiveness to what I am thinking and feeling.
3. Create a reminder that is with me and helps me to be mindful of God's presence throughout the day.

THOUGHT PROVOKING QUESTIONS:

1. What positive experiences have you had with prayer? Have you had any negative experiences with prayer?
2. Why do you think oneness was such an important reality for Jesus to teach his disciples?
3. What beliefs do you think Jesus was trying to correct by teaching oneness?
4. Where/when do you feel oneness with God most strongly? Where do you have the hardest time feeling oneness with God?
5. One way we can begin to practice mindfulness is to bring the same focus to every moment. What are a few "mindless" activities that you could be more attentive to while performing?
6. Have you ever experienced the power of someone acting with compassion towards you?

