

A COUNSELOR'S GUIDE TO CHRISTIAN MINDFULNESS

Engaging the Mind, Body & Soul in
Biblical Practices & Therapies



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& JOHN TRENT

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN REFLECTIVE

A Counselor's Guide to Christian Mindfulness

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Questions for Reflection for Chapter 3

1. Of the gifts of Christian mindfulness described in this chapter, which ones seem most resonant to you? Why?
2. When you listen in Christian mindfulness, what is an example of what you hear about your thoughts?
3. Describe at least one way you experienced living more authentically recently.
4. Do you find yourself challenged to stay in the past more than being able to live in the present moment with joyful awareness? Why or why not?

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Questions for Reflection for Chapter 9

1. In relationships, we often talk about love and bonding. In your mindfulness practice, what came up for you initially when you needed to slow down?
2. What did you notice in your loved one as you took space away and then came back?
3. What choices did you make internally—in your thoughts or in ways you sought God for a calm space? What was one choice? What was the other choice?

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Questions for Reflection for Chapter 10

1. Evaluate your sense of belonging in friendships. Who can you openly share your concerns with? What is it about that person that helps you open up?
2. How has God been present in your friendships?
3. What do you need to accept about your friends in Christian radical acceptance?

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Questions for Reflection for Chapter 11

1. Acknowledge the work stresses you face regularly. Determine the roots of those stresses.
2. Identify your work's purpose in a mission statement for yourself, and include in your statement how you will mindfully work on behalf of others you have leadership influence over.
3. What does gratitude look like for you at work?
4. Who is left out at work? How can you include them?

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Questions for Reflection for Chapter 12

1. As you look through some of your journal entries, what do you notice is a theme of your emotional experience in ministry? What feeling words come up?
2. What are the barriers to your scheduling a regular retreat from work?
3. How have you used the retreat? What have you discovered about yourself and who you are—what you think, believe, and feel?

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Questions for Reflection for Chapter 14

1. How can you think rightly and biblically if you are undernourished (body, mind, and spirit)?
2. What health practices mentioned in this chapter (eating, sleeping, exercising) most appeal to you? Why? What other health practices appeal to you?
3. Name the benefits you will be mindful of as you make efforts to eat, sleep, and exercise in ways that support a healthy and nourished lifestyle.

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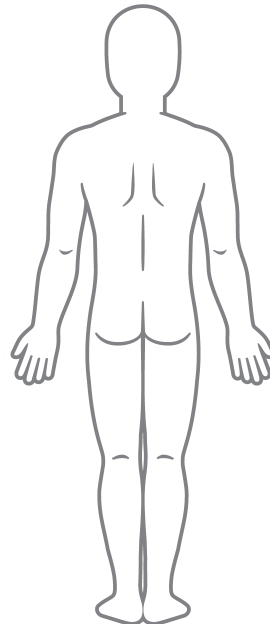
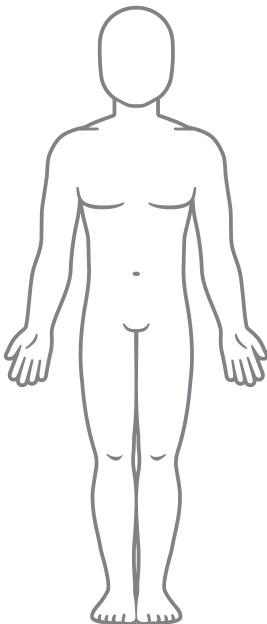


APPENDIX 1

Progressive Muscle Relaxation with Christian Mindfulness

Using the picture on the left, circle or label any parts of your body where you identify stress or emotion is stored.

Using the picture on the right, circle or label any parts of your body where you have felt a relief of tension or stress.





APPENDIX 2

Boundary Keeping Circle

Outside the following circle, label the feelings you experience when you overstep or do not keep boundaries with a person God brings to mind. List the mistaken values you keep when you do not keep boundaries.

Inside the circle, label the feelings you experience when you keep proper boundaries. List the values you uphold when you do so.





APPENDIX 3

The Mindful Blessing

In preparation for the exercise integrating Christian mindfulness with the Blessing, use the following prompts to help you formulate a blessing that you can speak over yourself or even ask a supportive friend or loved one to speak over you.

1. When have you felt a meaningful or ethical touch? Was it in the form of a hug, a touch on the shoulder, or something else? In what form of touch and where can someone touch you ethically that would feel meaningful to you? Write this down:

- <

