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## HOW TO HAVE A MINDFUL LIFE

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I Chronicles 16:15

### **INTRODUCTION**

As part of the celebration of the Ark's return (II Samuel 6), David appoints several Levities to lead the people in worship by singing songs he had written. Part of David's charge to the people was to "Be mindful always."

#### **I. WHAT DOES THE WORD "MINDFUL" MEAN?**

- A. " \_\_\_\_\_; heedful; observant." --*American Heritage Dictionary*
- B. In Scripture, the word primarily signifies to \_\_\_\_\_, to care for, or to \_\_\_\_\_ to one's mind.
  5. God is mindful of \_\_\_\_\_ – Psalm 8:4; 115:12
  6. Our failure to be mindful of \_\_\_\_\_ – Isaiah 17:10
  7. The Israelites' failure to be mindful of God's \_\_\_\_\_ – Nehemiah 9:16,17
  8. Paul was mindful of \_\_\_\_\_ – II Timothy 1:1-4

#### **II. WHAT DOES GOD SAY ABOUT A MINDFUL LIFE?**

- A. A mindful life focuses on \_\_\_\_\_ – Isaiah 26:3; Romans 11:33-36; 15:6
- B. A mindful life receives \_\_\_\_\_ – Acts 17:10,11; II Peter 3:1,2
- C. A mindful life strives for \_\_\_\_\_ in the local church and with other \_\_\_\_\_ – I Corinthians 1:10; II Corinthians 13:11; Philippians 2:1,2; I Peter 3:8
- D. A mindful life does not possess a \_\_\_\_\_ mind – Proverbs 21:27; Titus 1:15,16
- E. A mindful life is one of \_\_\_\_\_ – Acts 20:19; Colossians 3:12,13

#### **III. WHAT STEPS CAN WE TAKE TO PURSUE AND PRACTICE A MINDFUL LIFE?**

- A. Make \_\_\_\_\_ the very center of your \_\_\_\_\_ and affections – Matthew 6:24; 22:36-38; Mark 12:30

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Lesson 4: How to Have a Mindful Life

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- B. Cultivate a willing mind to obey and \_\_\_\_\_ God through your \_\_\_\_\_ and \_\_\_\_\_ – Nehemiah 4:6; II Corinthians 8:12; 9:2-8
- C. Live in such a way that your \_\_\_\_\_ becomes a testimony to the \_\_\_\_\_ – Philippians 1:27

“The mind is a marvelous thing. It operates like a personalized computer, filled with millions of bits of information. Virtually every action we commit is triggered by our mind.”

--Richard Lee