

Meditation

2 Corinthians 10:5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Attention toward our thoughts - are we paying attention to our inward authority, the thoughts which govern our choices and action?

In meditation we bring our attention inward to assess and better understand our mental, spiritual, and physical condition. Are we anxious? Are our thoughts racing? Is there resistance, anger, or fear? Do we have thoughts of shame or guilt? Are at peace without pressures or stress?

Motivations - Each morning we set our hearts and minds toward God.

Are we motivated by money, material, bills, or debt? Are we grateful for our interactions today or for the opportunity to bless others? Is God's goodness, righteousness, and grace sufficient? Is our participation in God's character important to us? Is it important enough to set our minds toward taking action into that character?

Check points - Throughout the day it can be helpful to have set times to check our progress and perhaps reset our focus. Are we still with God?

Daily routines can lead to thoughtless activity. The more we do something the easier it is to do it without much concentration. Sincerity, compassion, and love requires focused energy toward others.

Are we connecting with others through true empathy? Are we trying to understand how others are feeling and what they are thinking so we may serve them gracefully?

In the moment - Giving attention more to what is going on in the present time than tasks and deadlines elsewhere.

Multitasking is a valued skill for business. Accomplishing ten things at one time can provide more benefits at a faster rate. More and faster are highly desired within many industries. Our jobs can easily condition us into this mentality. A parent with children can clean, cook, and address problems with

sibling rivalries all at one time while on the phone, streaming videos, or reading updates. We are in a multitasking world. In fact, if we are not multitasking we could easily believe we are out of place, missing out, or just wrong. The spiritual truth is that business and multitasking can be destructive when it moves us away from God's peace, patience, and love.

Intellectualism - Disconnected thinking, gaining insight, brainstorming, growing knowledge, reading, and memorization of information.

The greatest commandment involves the mind, heart, soul, & strength. If we are abundant within our minds and lacking in our heart then we are incomplete in fulfilling the command. We ought to strive with an equal balance of mind and heart. We must love others deeply, intimately, and intelligently. To learn requires making mistakes, which consequently is often times embarrassing and upsetting others. Fear of making mistakes, being viewed by others in a negative way, or hurting someone else's feelings can create inaction.

Competition, pride, be first, have more, look smarter and stronger, and dominate. We are to rise above others, gain views, and be worshiped.

The message of the world is to seek self promotion and image management. The world wants us to create an image of ourselves that others will envy. Create envy in others.

The message of God is to trust and rely on God, not as an image, but the spirit who God has sent to guide us. We are to demonstrate God's character and grace which builds God's kingdom.

Each day in our morning meditation as we set both our minds and hearts equally toward God, we can anticipate how we can affect others utilizing God's character. As we are humble and patient with others we can offer kind words of encouragement. We can speak uncomfortable truth to those we love gently and sincerely. Our demonstration of owning our own faults can often times provide an opportunity for others to do the same. Our actions can lead others. Yet what we do for others ought to be for building God's kingdom and spiritual benefits. If we set our hope in what we are doing to fix or cure someone, we could suffer hurt feelings from our hope, expectations, or wants. Not everyone cooperate with God's goodness. We must keep our focus on our participation of grace as the goal and accept others choices.