

**SCRIPTURE**

1 KINGS 19:11-12

“but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.”

**TRADITION
WORSHIP**

We gather in worship to remember how God worked in the lives of the faithful since the dawn of creation. Through sacrament, word, liturgy, and music we remember and we are grateful for God's faithful presence in our lives.

**VITAL WITNESS
PAY ATTENTION**

God who is — “I am,” works in the present moment. To notice God at work, it is important to enhance our capacity to be in the present moment and remain open to God's creativity.

**SCIENCE
ATTENTION SYSTEM**

- Doesn't fully develop until early adulthood.
- Essential to focus, learn, regulate emotions
- Includes: orienting system, alerting system, and executive control.

Dr. Amishi Jha

HOW DO YOU KNOW

God is at work?



God's Signature

Based on our family of origin, our experience, and our personality, we are *primed* to see God working in particular ways. It is helpful to become aware of our expectations so we are better able to choose to be open to God's creativity.

How do you know?

The human body is capable of many ways of knowing. We have neurons in our heart and gut regions in addition to the neurons in our brain. Also our 10th cranial nerve connects the brain and body with a 2-way communication system. And because we have experience before we have language, we have stored memories that influence the way we interact with the world but are not necessarily part of our awareness.

Sometimes visual images, songs, poems, and other artistic forms can be helpful in bringing our automatic (or unconscious) motivators into our conscious awareness. Sometimes language itself can be helpful in raising awareness about our expectations of how God works in the world.

“The sequence of events in this practice are: focus, sustain attention, notice, and redirect attention back to the breath when it wanders. This is what we might call a “push-up” for your attention.”

~Dr. Amishi Jha
mindful.org June 19, 2019

Visual Faith Photos	Adjectives that describe God's activity
Which photo did you select? Why?	1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

Bearing Witness

The Christian faith includes a deep tradition of bearing witness to our unique experience of God in the holy journey of our life. There is a reason you picked the 1 adjective out of the 10 originally chosen. Follow the practice of the 50 Word Story to organize your thoughts around why you picked this particular adjective as a significant characteristic when discerning whether or not an experience is of God.

A 50-word Story has:

a beginning

a middle

an end

characters

a setting

a plot

emotion

Week 1 Practice:

The spiritual journey is a discipline, and requires intentional practice.

This week:

- Every day pay attention to when you notice God at work in the world.
- At least 3 times this week, jot down the who, what, when, where, and how of the experience.
- After noting the experience, write 1 adjective to describe the emotion you felt when you witnessed God at work. *As a bonus consider where in your body you felt that emotion and make a note of that too.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Date	Who, What, When, Where, and How of the Experience
	<p data-bbox="365 1451 932 1482">Adjective to describe the experience:</p>

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	<p>Adjective to describe the experience:</p>

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