

Mindfulness of God

Shaun Lambert Quiet day notes

- Use these notes to accompany the Mindfulness of God quiet day with Shaun Lambert.
- [Click here to watch the four sessions on YouTube.](#)

Session 1: Mindfulness of God introduction (10 min + 30 min reflection)

This session introduces our mindfulness of God quiet day. As well as an outline of the whole day there is an introduction to our four main themes for cultivating mindfulness of God from Romans 8:1-17: an intention to focus on God; training our attention to free it from the gravitational pull of our culture with the Holy Spirit's help; working on our unhelpful attitudes that clog up our attentional arteries; so that we might re-perceive (see clearly) God, our own lives, others and creation.

In this session I suggest having a gap of up to half an hour at the end of it to reflect on three questions that come out of our passage. These archetypal themes are reflected more widely in scripture. For example, Matthew 6:33

The three questions to reflect on are:

- What might your intention be for your spiritual life right now?
- What is your attention currently directed toward, what holds your attention right now in your life?
- What unhelpful attitudes would you like to change?

Session 2: Training our attention (20 min + up to 2 hours reflection)

We have information overload, knowledge by itself is not transformative – what we need is wisdom. Wisdom tells us that ‘life is what we pay attention to.’ This is a very important scriptural insight to meditate on.

We can be grateful for the generous extravagance of God (Mark 4:1-9). A quiet day is an opportunity to give ourselves space which is scarce in our brave new virtual world.

Listen to the words of Psalm 1:1-3 which is an outline of wisdom – telling us what to pay attention to.

Reflect on the wisdom of Jesus in Mark 1:35-39 who models the spiritual disciplines of silence, solitude and meditating on scripture. This enables us to be master of our own attentional capacities.

Teresa of Avila’s prayer of recollection, gathering our whole self attentively to experience the real presence of Christ is another wisdom pathway.

Theologian and psychiatrist Christopher C H Cook drawing on that prayer of recollection says that spiritual (and all) wellbeing is an ‘attentive awareness’ to the things that matter.

- Pause the video and take some mindful moments: what matters most to you?

Psalm 13 as a psalm of lament and it is wisdom for us: wellbeing or life in its fullness is not moving out of sadness into happiness, leaving sadness behind – it is holding the good in tension with the difficult.

Reflect on Philippians 4:8

More on freeing up our attentional capacities from cultural captivity and fragmentation – this is the task of our time.

- In the space of up to two hours after this session – how can redirecting your attention ‘enfaith’ you?
- Can you practise natural mindfulness of God: a walk, some creative activity, trying something new, writing, meditating on any of the scriptures from this session – journalling any responses.
- Write a poem, practise silence and solitude, listen to some poems, reflect on a favourite parable.



Session 3: Transforming our unhelpful attitudes (20 min + up to 1 hour reflection)

Our perception of life is distorted (Mark 8:33).

Importance of letting go of unhelpful attitudes (Matthew 7:1-5).

Two types of judgement.

We have a negativity bias.

Spiritual practice – catch the first thoughts (early contemplatives).

2 Corinthians 10:5 and Romans 12:2 help us to relativize our thoughts: we are bigger than our thoughts, they are just passing mental events we can observe/take captive.

Spiritual practice: Ananias Prayer

Spiritual practice: Lectio Divina on Mark 4:1-9.

- In your next silent space: revisit your spiritual intention and what you are paying attention to. What are your negative attitudes?
- Have you re-perceived something?
- Do a spiritual examen of your life: where was the Holy Spirit? What was good? What was unhelpful? Resolve to live differently tomorrow.
- Practise thankfulness

Session 4: Summary (15 min)

A summary of our mindfulness of God: intentionally, with attention and renewed attitudes in order to re-perceive. Re-perceiving involves all of us, our body, senses, mind, soul, emotions, imagination. I use the term 'seeing clearly' because it is an ancient term, but my preferred term is re-perceiving.

- A final meditation