

iGen -

“But he turned and said to Peter, ‘Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man.’”

Matthew 16:23

Mindful of God -

Christian mindfulness = exchanging the _____ for the _____.

Three Major Shifts

1. Perishable → _____ -

2. Expected → _____ -

3. Immediate → _____ -

simple and clear -

Big challenge -