

Spiritual mindfulness

Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth. For you have died and your life is hidden with Christ in God. Col 3:1-3

"To focus on love, we have to focus on God as the triune Being of eternal, infinite, and dynamic love. Our focus is on God's life and His offer of fellowship in that life by grace through Christ. This spirituality is relational through and through. It is a call to be fully human - alive in the life of God offered by the giving of His Spirit, His own life, to dwell in our hearts." Jonathan Edwards

God is in you so you can give thanks in all things, and not be afraid, conceited, proud or become worldly. With the Spirit of Christ in you, you are united with God as one life eternal. What the Son of God has, He shares with you so that you lack nothing pertaining to life and godliness. Walk with God and remember who you are in Christ and nothing can take away your joy and peace.

The more our minds are fixed on the creation for what we need, the less we will know the joy and peace of the presence of God. Every experience in the world is meant to turn our attention towards the Creator who alone deserves our total allegiance. Everything is calling us to live by faith and not by sight so that we trust God in all things.

God's Love and ensuing Graces are always able to sustain us in any situation He allows for our training in holiness. Because God will never leave us or forsake those He loves through His Son, we can be confident as we live as strangers and aliens in the world.

We have all we need because we have the God of all grace. Which includes, love, joy, perseverance, long-suffering, patience, forbearance, selflessness, forgiveness, kindness, contentment, obedience, and faithfulness. Everything we need to live holy lives in the fallen world is ours in Christ.

Before the grace of God took hold of us, we appraised life according to the flesh. But when we were joined to Christ, we no longer appraise believers or ourselves according to the flesh but according to the Spirit. To the degree we believe this truth will be to the extent we put it into practice. The way we love God and trust Him, and the way we love the brethren as He loves us, and the way we love ourselves the same way He loves us, is the measure of how we appraise life according to the Spirit of God.

Therefore from now on we recognise no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer. Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

2 Cor 5:16-17

All this is done with the love of God without a judgmental spirit.

Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth.

1 Cor13:4-7

If we have the perceptions of the Spirit, we will also not consider ourselves more highly than we ought. The Holy Spirit gives sight to the blind, and reveals the darkness of understanding that remains in the children of light. But only to the extent that we live for Christ and not ourselves.

Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom.

James 3:13

But all things become visible when they are exposed by the light, for everything that becomes visible is light. For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you." Therefore be careful how you walk, not as unwise men but as wise, making the most of your time, because the days are evil. So then do not be foolish, but understand what the will of the Lord is.

Eph 5:13-17