

AB4LIFE

A 50-PAGE WORKBOOK

Mindfulness & Growth

*A Christ-centered practice for
present-mindedness and steady soul growth.*

Be still. Be present. Be rooted.

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Slow Is Not Behind.

You were not designed to live in a tab-cluttered mind. You were designed to be present — with God, with the people in front of you, and with the life you actually have today.

Mindfulness, for the believer, is not about emptying yourself. It's about filling the present moment with the awareness of God. It's noticing — on purpose, without judgment, with prayer underneath — what is true right now: in your body, your thoughts, your heart, your day.

Growth then follows naturally. Not as performance. As fruit. The branch doesn't strain to grow grapes; it just stays connected to the vine. This workbook teaches you how to stay.

"Be still, and know that I am God."

PSALM 46:10

A Companion, Not a Curriculum.

- **Move slowly.**

One section per sitting. Underline. Re-read. Let it land before you turn the page.

- **Write by hand.**

Worksheets are intentional white space. The pen catches what the mind skips.

- **Practice, don't perform.**

Mindfulness is a muscle. You will get distracted. Returning is the win.

- **Pair it with Scripture.**

Each section anchors to a verse. Let the verse breathe with you.

- **Repeat the cycles.**

The 21-Day Growth Plan can be re-run as many times as you need.

- **Track gently.**

The trackers in the back are mirrors, not scoreboards.

The invitation of this workbook:

Come home to the present moment. God is already there waiting for you.

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*"This is what the Sovereign Lord says:
In repentance and rest is your salvation,
in quietness and trust is your strength."*

ISAIAH 30:15

PART ONE

Foundations of Christ-Centered Mindfulness

What presence really means for the believer.

1. Mindfulness Is Not Emptiness.

Christian mindfulness is not the absence of thought. It is the presence of God in the middle of your thoughts. We don't void the mind; we anchor it. Where eastern practice empties, the believer fills — with breath, with truth, with the felt nearness of Christ.

"Take every thought captive to obey Christ."

2 CORINTHIANS 10:5

REFLECT

2. The Present Is Where God Is.

The past is forgiven and the future is held. The only place you can actually meet God experientially is here. Anxiety lives in tomorrow; regret lives in yesterday; God lives in now.

"This is the day the Lord has made; let us rejoice and be glad in it."

PSALM 118:24

REFLECT

3. Growth Is Slow on Purpose.

Oaks are slow. Bamboo is slow. Wineskins are slow. God seems to prefer slow because slow protects roots. If your growth feels gradual, you are on schedule, not behind.

"He who began a good work in you will carry it on to completion."

PHILIPPIANS 1:6

REFLECT

4. Awareness Comes Before Change.

You cannot heal what you will not name. You cannot interrupt a pattern you refuse to notice. Mindfulness is the first 30 seconds of every transformation — the holy pause that lets grace get a word in.

"Search me, O God, and know my heart."

PSALM 139:23

REFLECT

5. The Body Is Part of the Soul.

Stress lives in the shoulders. Shame lives in the chest. Fear lives in the breath. Christian mindfulness is not anti-body; it is incarnational. To pay attention to the body is to pay attention to the temple.

"Your body is a temple of the Holy Spirit."

1 CORINTHIANS 6:19

REFLECT

6. Growth Is Communal.

You do not mature alone. The vine has many branches. Solitude feeds the roots; community shapes the fruit. Plan for both.

"As iron sharpens iron, so one person sharpens another."

PROVERBS 27:17

REFLECT

Three Postures of Presence.

Receive.

Before you produce anything, receive God's love. The day begins as a gift, not an assignment.

Notice.

Pay attention without rushing to fix. Awareness alone is half the healing.

Respond.

From rest, not pressure. Obedience that flows out of receiving lasts longer than obedience squeezed out of guilt.

Five Mindfulness Myths.

Myth: Mindfulness is unchristian.

Truth: Scripture commands attention. Selah, meditate, consider, remember — these are mindfulness words.

Myth: It requires hours.

Truth: Sixty intentional seconds is a practice. Start there.

Myth: A quiet mind = success.

Truth: Returning the wandering mind to God is the practice. Distraction is not failure.

Myth: Mindfulness is passive.

Truth: It is the most active form of obedience — choosing presence over autopilot.

Myth: I'm too busy.

Truth: You are too busy not to. Speed without presence becomes survival.

SELF-CHECK

Where Are You Today?

Rate each statement 1 (rarely) – 5 (often). No right answer. Just honest.

- | | | | | | |
|--|---|---|---|---|---|
| • I notice my breath before I notice my phone. | 1 | 2 | 3 | 4 | 5 |
| • I can sit in silence for five minutes without anxiety. | 1 | 2 | 3 | 4 | 5 |
| • I feel emotions in my body, not just my thoughts. | 1 | 2 | 3 | 4 | 5 |
| • I rest without guilt at least once a week. | 1 | 2 | 3 | 4 | 5 |
| • I respond to interruption with peace. | 1 | 2 | 3 | 4 | 5 |
| • I name what I'm feeling before reacting to it. | 1 | 2 | 3 | 4 | 5 |
| • I sense God's nearness in ordinary moments. | 1 | 2 | 3 | 4 | 5 |
| • I am growing — even if slowly. | 1 | 2 | 3 | 4 | 5 |

Lowest score reveals your invitation. Highest score reveals your strength.

This is a mirror — not a verdict.

PART TWO

The Six Anchors of a Present Soul

Six daily handles for staying rooted when life pulls.

Anchor 1 — Breath

Slow, deep, conscious breathing is the body's reset button. Four-count inhale, six-count exhale, for three rounds. As you exhale, name what you're releasing. As you inhale, name what you're receiving.

"The Lord God formed man and breathed into him the breath of life."

GENESIS 2:7

TODAY'S MICRO-PRACTICE

Anchor 2 — Body

Your body holds your story. Scan it from head to feet without judgment. Where is the tension? What might it be saying? You don't fix it. You greet it.

"I praise you because I am fearfully and wonderfully made."

PSALM 139:14

TODAY'S MICRO-PRACTICE

Anchor 3 — Word

One verse, slowly. Read it three times. The first time for the mind. The second for the heart. The third for the body. Let it stay with you all day like a song.

"Your word is a lamp for my feet, a light on my path."

PSALM 119:105

TODAY'S MICRO-PRACTICE

Anchor 4 — Silence

Silence is the soil that grows hearing. Even 90 seconds reshapes a nervous system. Turn off. Sit down. Stop explaining. Let God be God in the quiet.

"In returning and rest you shall be saved."

ISAIAH 30:15

TODAY'S MICRO-PRACTICE

Anchor 5 — Gratitude

Mindfulness without gratitude becomes brooding. List three specific gifts of the day — small ones count most. Gratitude widens the eyes and softens the chest.

"Give thanks in all circumstances."

1 THESSALONIANS 5:18

TODAY'S MICRO-PRACTICE

Anchor 6 — Presence with People

Mindfulness goes public when you put down the phone and look someone in the eye. Listen to finish hearing, not to finish answering. Slow attention is love spelled in time.

"Be quick to listen, slow to speak."

JAMES 1:19

TODAY'S MICRO-PRACTICE

Stacking the Anchors.

You don't need to use all six anchors every day. Pick two and let them carry you. As you practice, the anchors begin to find each other — your breath leads you to the Word; the Word leads you to silence; silence opens gratitude; gratitude makes you present with people.

Suggested stacks for different seasons:

Anxious season:	Breath + Silence
Numb season:	Body + Gratitude
Busy season:	Word + Presence with People
Discouraged season:	Gratitude + Word
Lonely season:	Silence + Presence with People

Choose Your Two Anchors.

Anchor One:

Anchor Two:

When will I practice each day?

What will I notice and report back to God?

Verses for the Present Soul.

PSALM 46:10 *"Be still, and know that I am God."*

MATTHEW 6:34 *"Do not worry about tomorrow."*

LAMENTATIONS 3:23 *"His mercies are new every morning."*

PHILIPPIANS 4:8 *"Whatever is true... think about such things."*

PSALM 131:2 *"I have calmed and quieted myself."*

JOHN 15:4 *"Remain in me, and I will remain in you."*

PART THREE

The Growth Cycle:

Notice • Name • Nourish • Next

A simple loop for converting awareness into transformation.

Why Awareness Becomes Growth.

Mindfulness on its own can plateau into mere observation. Growth happens when noticing leads to naming, naming leads to nourishment, and nourishment leads to a next faithful step.

This four-part cycle is small enough to run in five minutes and big enough to reshape a life over a year. Practice it daily. It is the bridge from sensing God to becoming like him.

NOTICE	<i>What is true in me right now?</i>
NAME	<i>What is the most honest word for this?</i>
NOURISH	<i>What does my soul actually need?</i>
NEXT	<i>What is the one faithful step from here?</i>

Step 1 — Notice

Stop the autopilot for sixty seconds. Pay attention to your breath, your body, your tone, your thought stream. Don't analyze yet. Just witness. Imagine sitting beside Jesus on a bench, watching the parade of your inner life go by.

"Search me, O God, and know my heart; test me and know my anxious thoughts."

PSALM 139:23

PRACTICE NOTES

Step 2 — Name

Vague feelings stay heavy; named feelings get smaller. Find the most specific, honest word. Not 'fine' but 'overwhelmed.' Not 'off' but 'lonely.' Naming hands the feeling to God instead of letting it pilot you.

"I poured out my complaint before him; before him I told my trouble."

PSALM 142:2

PRACTICE NOTES

Step 3 — Nourish

Ask what your soul actually needs right now. Sometimes it's a glass of water. Sometimes it's a verse. Sometimes it's a walk, a friend, a confession, a nap. God is not above any of these.

"He restores my soul."

PSALM 23:3

PRACTICE NOTES

Step 4 — Next

Growth always becomes specific. After nourishment, take one concrete next step — a text, a boundary, a prayer, an apology, a deep breath, a closed laptop. Tiny obedience compounds.

"Whoever can be trusted with very little can also be trusted with much."

LUKE 16:10

PRACTICE NOTES

Running the Cycle in Real Life.

Practice the four steps in low-stakes moments before you need them in high-stakes ones. Practice them in traffic, in a meeting, while waiting for coffee. The goal is for the cycle to become so natural that it runs in the background when stress, conflict, or temptation hit.

"Train yourself to be godly."

1 TIMOTHY 4:7

Run It Once Right Now.

I NOTICE...

I NAME IT...

I NEED...

MY NEXT STEP...

PART FOUR

21-Day Mindfulness & Growth Plan

Three weeks. One small practice at a time.

Days 1–3

DAY 1 **Five slow breaths morning and night.**

What happened? What did you notice?

DAY 2 **Body scan: head to feet, two minutes, no fixing.**

What happened? What did you notice?

DAY 3 **Read Psalm 23 slowly, twice.**

What happened? What did you notice?

Days 4–6

DAY 4 **List three specific gratitudes before noon.**

What happened? What did you notice?

DAY 5 **Practice 90 seconds of pure silence.**

What happened? What did you notice?

DAY 6 **Put the phone in another room for one hour.**

What happened? What did you notice?

Days 7–9

DAY 7 **Sabbath: rest one full hour without producing.**

What happened? What did you notice?

DAY 8 **Run the Notice • Name • Nourish • Next cycle once.**

What happened? What did you notice?

DAY 9 **Walk ten minutes without earbuds. Notice five sounds.**

What happened? What did you notice?

Days 10–12

DAY 10 **Name three emotions you felt today, out loud, to God.**

What happened? What did you notice?

DAY 11 **Eat one meal mindfully. Taste it. Bless it. Slow down.**

What happened? What did you notice?

DAY 12 **Text someone something kind. Wait for nothing back.**

What happened? What did you notice?

Days 13–15

DAY 13 **Memorize one short verse. Carry it in your pocket.**

What happened? What did you notice?

DAY 14 **Reflect: where did I sense God most this week?**

What happened? What did you notice?

DAY 15 **Confess one habit that steals your presence.**

What happened? What did you notice?

Days 16–18

DAY 16 **Take a tech-free morning. Sun, water, scripture.**

What happened? What did you notice?

DAY 17 **Sit with one hard feeling for five minutes without scrolling.**

What happened? What did you notice?

DAY 18 **Ask a friend the question: how is your soul, really?**

What happened? What did you notice?

Days 19–21

DAY 19 **Pray Psalm 131 as a benediction over your day.**

What happened? What did you notice?

DAY 20 **Audit your week: what is producing peace? what is draining it?**

What happened? What did you notice?

DAY 21 **Celebrate. Tell God three ways you've grown. Smile.**

What happened? What did you notice?

PART FIVE

Practices, Trackers & Reflection

Tools to keep the practice alive long after the workbook closes.

Weekly Practice Tracker.

PRACTICE	M	T	W	T	F	S	S
Breath check (3x/day)	☐	☐	☐	☐	☐	☐	☐
Body scan	☐	☐	☐	☐	☐	☐	☐
Scripture meditation	☐	☐	☐	☐	☐	☐	☐
Silence (5 min)	☐	☐	☐	☐	☐	☐	☐
Gratitude (3 things)	☐	☐	☐	☐	☐	☐	☐
Tech-free hour	☐	☐	☐	☐	☐	☐	☐
Walk without earbuds	☐	☐	☐	☐	☐	☐	☐
Journal	☐	☐	☐	☐	☐	☐	☐
Pray slowly	☐	☐	☐	☐	☐	☐	☐

REFLECTION

Name What You Are Feeling.

Circle every word that fits this week. Cross out the ones that don't.

PEACEFUL	calm · settled · steady · safe · trusting · open · grateful · soft
JOYFUL	glad · light · playful · hopeful · expectant · delighted · proud
TENDER	sad · grieving · lonely · soft · longing · disappointed · raw
ANXIOUS	tight · restless · scattered · worried · pressured · uncertain
HEAVY	tired · numb · stuck · discouraged · flat · dim · weary
STRONG	clear · decisive · brave · grounded · resolved · ready · awake

What I most want to say to God right now:

How Is Your Soul, Really?

- Where did I sense God most this month?

- Where did I feel most distant?

- What practice is becoming natural to me?

- What did I learn about my own heart?

- What one thing wants to grow next month?

Morning & Evening Prayers.

MORNING

*Father, before I open the day, I open my hands.
I receive your mercy, new this morning.
Slow my breath. Steady my mind. Soften my heart.
Let me walk with you — not ahead, not behind. Amen.*

EVENING

*Lord, before sleep, I put down the day.
What I did well — I give it to you.
What I did poorly — I give it to you.
What I cannot finish — I trust to your keeping. Amen.*

Open Reflection.

Common Obstacles to Presence.

- **The Wandering Mind**

Returning is the practice. Each return is a rep, not a failure.

- **The Restless Body**

Move first — a walk, a stretch — then sit. The body settles the mind.

- **The Loud Phone**

Distance, not willpower. Put the device in a different room.

- **The Inner Critic**

Greet it kindly, then keep practicing. Don't argue. Don't obey.

- **The Numb Day**

Lower the bar. One breath. One verse. One thank you. That counts.

A Vision for Year One.

Imagine yourself twelve months from today. You wake slower. You breathe deeper. You notice more — sunlight, faces, the kindness of God hidden in ordinary things. You no longer perform your faith; you inhabit it. Growth came not in a single leap but in a thousand small returns to presence.

Write that vision in your own words below. Date it. Sign it. Come back to it.

Signed: _____ Date: _____

CLOSING BENEDICTION

Go Slowly. Go Rooted.

May your breath remember the One who first breathed it.

May your body be a temple of attention.

*May your noticing become naming, your naming become nourishment,
and your nourishment become a next faithful step.*

*May you grow like a tree planted by the water —
slowly, deeply, fruitfully — until the very end.*

Amen.

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