

Present Moment Awareness

Reference	Text
Ecclesiastes 5:20	God deals out joy in the present, the now. It's useless to brood over how long we might live. (MSG)
James 1:5-8	If you don't know what you're doing, pray to the Father. He loves to help. You'll get his help, and won't be condescended to when you ask for it. Ask boldly, believingly, without a second thought. People who "worry their prayers" are like wind-whipped waves. Don't think you're going to get anything from the Master that way, adrift at sea, keeping all your options open. (MSG)
John 15:5	I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing. (MSG)
Matthew 6:6	Find a quiet, secluded spot so you won't be tempted to role-play before God. Just be there as simply and as honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace. (MSG)
Matthew 6:34	Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. (MSG)
Matthew 12:7	If you had any idea what this Scripture meant - "I prefer a flexible heart to an inflexible ritual" - you wouldn't be nit-picking like this. (MSG)
Philippians 4:6	Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life. (MSG)

Appendix 3: Present Moment Awareness

Reference	Text
Psalms 23:1	The Lord is my Shepherd I lack nothing. (NIV)
Psalms 42:11	Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God-- soon I'll be praising again. He puts a smile on my face. He's my God. (MSG)
Psalms 46:10	He says, " <i>Be still, and know that I am God...</i> " (NIV)
Psalms 119:11	I have hidden your word in my heart that I might not sin against you. (NIV) I've banked your promises in the vault of my heart so I won't sin myself bankrupt. (MSG)
Psalms 119:114	" <i>You're my place of quiet retreat; I wait for your Word to renew me.</i> " (MSG) - having hope in God helps us to have a different relationship with our thoughts.
Psalms 119:95	The wicked lie in ambush to destroy me, but I am only concerned with your plans for me. (MSG)
Psalms 143:5	I remembered the old days, went over all you've done, pondered the ways you've worked. (MSG)
Romans 12:1 & 2	So here's what I want you to do, God helping you: Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. (MSG)