


GROWING DEEPER:

Questions to dig deeper into this week's topic 

Knockoff Spirituality

Before There Was Mindfulness...

1. Anxiety isn't a modern problem. This weekend, Dion Garrett shared many different passages that address anxiety and/or a lack of peace. Which one spoke to you the most?

Proverbs 14:30

Romans 8:6

Ecclesiastes 2:22-23

Philippians 4:6-7

John 15:5

Matthew 11:28

Matthew 6:31-33

2. If mindfulness is the opposite of mindlessness, under what circumstances do you find yourself most mindful? What can you learn from those moments?
3. Dion Garrett talked about how the source of many of our anxieties is trying to be like God, trying to be in more than one place at once. How could your physical limitation of being bound to a simple place in time and space be a blessing, rather than a curse?
4. Before there was mindfulness, there was prayer. But in Matthew 6:5-8, Jesus warns us that prayer—a practice intended to help us mindfully connect with God—can turn pretty mindless. Can you relate to his depiction of mindless, empty prayer? What does prayer usually look and feel like for you?
5. Read Jesus's invitation in John 15:5 again. What would it look like for you to learn to remain in him as you move through life? How could you practice that more this week?