


Christian Mindfulness Reflection Sheet

Slow down. Be present. Notice God.

Purpose: This simple sheet helps you tune into God’s presence in your daily life. Mindfulness through a Christian lens is about pausing, observing, and connecting—keeping your heart attentive to the Spirit’s whispers. *Use it at the end of your day or after a walk, prayer, or quiet moment.*


1. Where did I notice God today?

Think of one or more moments where you sensed His presence.

 *Example: In a sunrise, in someone’s kind words, during a quiet moment.*


2. What stirred my heart or brought peace today?

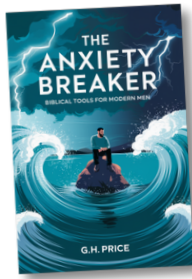
What moment brought you closer to God or grounded you in His peace?

 *Example: Reading Psalm 23 this morning brought unexpected comfort.*

3. How did I respond to challenges?

Were you able to pause, breathe, or pray during a hard moment?

 *Example: I stopped and whispered, “Lord, help me,” before reacting.*




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4. Scripture That Resonated Today

Did a verse stand out? Write it here and what it meant to you.

 *Example: "Be still and know that I am God" – reminded me to rest in Him.*

5. Gratitude Check

What 3 things are you grateful for right now?

1.

2.


3.

6. Breath Prayer to Close the Day

Breathe in: *"Your peace, Lord..."*

Breathe out: *"...settles over me."*

Repeat 3–5 times.

 *God is not just found in the big moments. **He walks with you in the quiet ones, too.***