

Podcast listening Guide

Awareness. (1 minute)

Record what thoughts, feelings or attitudes are floating around your head after listening to the podcast. Record these very simply as bullet points and **take no more than 1 minute to do this**. A healthy brain holds between 4 and 7 dominant thoughts at any given time. So what 4 - 7 thoughts are you aware of as a result of what you have heard?

Attention. (4 minutes)

Pick one of your 4 - 7 thoughts that you want to give more attention to and begin to journal. Some questions that you might want to use to kick start the process could be, Why this thought, what is it there for? Is it part of a bigger network of thoughts, experiences or conversations I've had in the past or recently? What emotions are attached to it? A really challenging pair of questions might be, If I pursue this to its conclusion what will it cost me/What will its gain be? **Take no more than 4 minutes**. The brain can do a lot more in 4 minutes than we would give it credit for.

Amend. (1 minute)

Read over what you have written. Ask the Holy Spirit if anything needs to be amended, added or removed (after all, his thoughts are not our thoughts). Write this down. **Take no more than 1 minute for this**.

Apply. (1 minute)

You have reached the point where you can answer the earlier question. How then shall I live? Apply has two parts to it.

The first part is awareness. Not the one you started with but your new one now that you've examined it a bit more. Think of it as a conclusion or perhaps the bit of gold or pearl that you've uncovered after all the digging around. Write down in a sentence what you've become aware of. Again, **no more than 1 minute is needed**.

This is what you should bring along to your meetup. When explaining it at your meetup its ok to briefly give the background to how you got to this point.

The second part you can do during or after your meetup. It is also awareness, what awareness do others have that might release even more value to your gold or the pearl you've discovered. Allow them to see and to hear for you. With this extra input and with the help of the Holy Spirit you get to answer the question... HOW THEN SHALL I LIVE? I find it helpful to break it down into 4 or 5 next steps, the first being achievable in the next week. Sometimes what we become aware of is more complex than a simple, 'this week I will...'. Remember this might be about a heart/attitude shift as well as, or instead of, an action/doing response.

Ask.

Take your summary sentence and repeat it as a prayer until you listen to the next weeks teaching.

REMEMBER. YOU DON'T NEED ANY MORE THAN 7 MINUTES. AIM TO REDUCE IT TO THAT IF YOU ARE A ZEALOUS PROCESSOR AND LOVE JOURNALING.