

The Podblast

HOW THEN SHALL I LIVE?

Awareness. 1 minute.

What thoughts, feelings or attitudes are floating around in my head after listening to the teaching? *You will probably have between 4-7 active thoughts right now.*

1.

2.

3.

4.

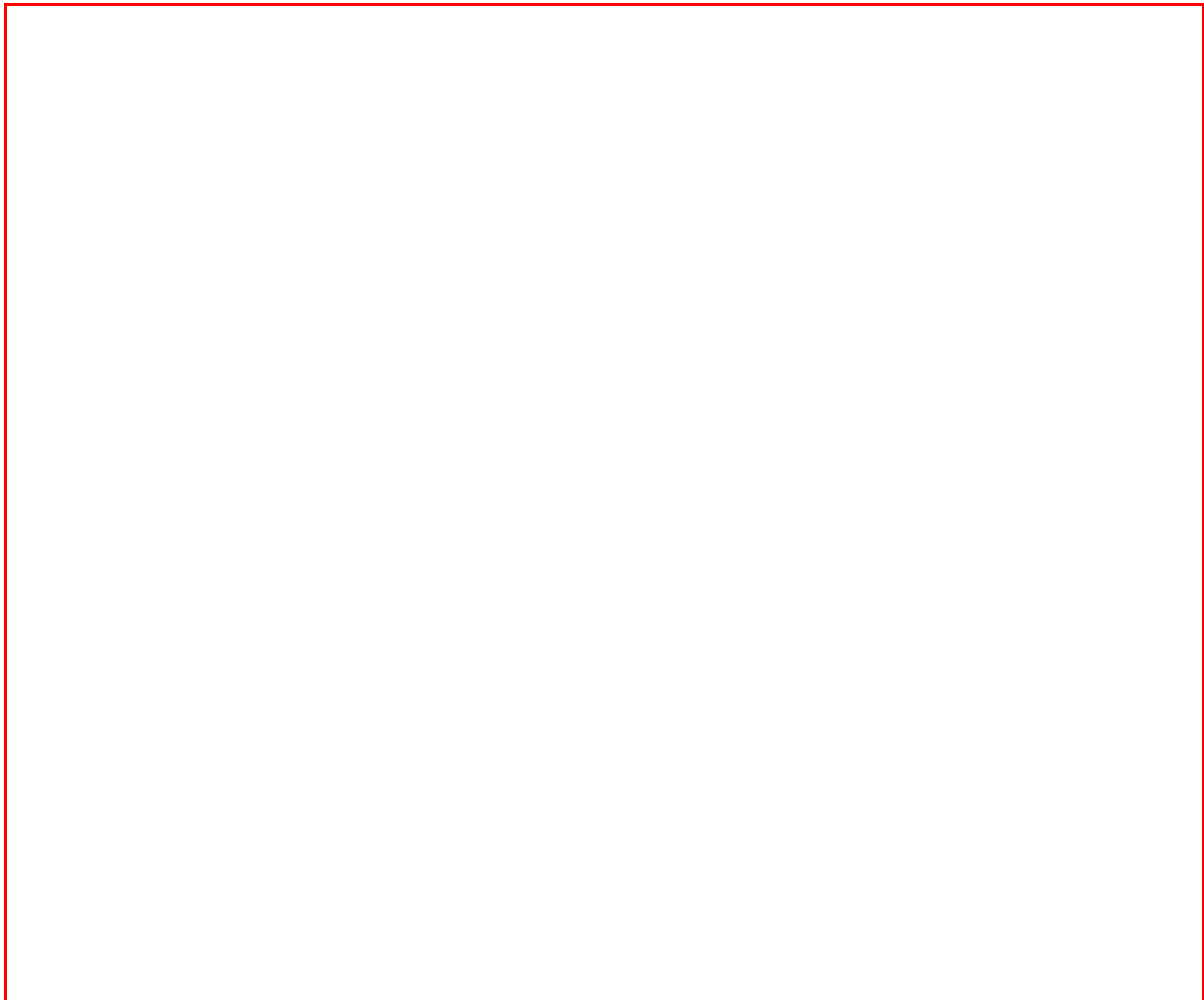
5.

6.

7.

Attention. 4 minutes.

Pick one thought to pay more attention to. Journal everything that comes into your head, even random stuff as you focus in on it. *Use the listening guide if you need more guidance.*



Amend. 1 minute.

Read all you've written after praying for the Holy Spirit to amend your thoughts, attitudes or feelings. Now amend, add or remove anything you become aware of.

Apply. 1 minute.

(PART 1)

What is your new awareness? The gold or pearl you've found. Record it in one sentence.

(PART 2) *use this when you get to your meetup.*

What awareness are others adding from my meetup?

(PART 3)

How then shall I live?

What is your new summary/awareness? It might not have changed very much, that is OK.

Can this be broken down into 4 or 5 more achievable steps.

1.

2.

3.

4.

5.

Ask.

Take part 3 (above) and repeat it as a prayer every day for the next week.