

Noticing Exercise

A practice for learning how to be present with yourself and God.

**Psalm 46:10 – “Be still and know
that I am God.”**

In a quiet place, protected from interruption, let the answers to these questions come to you. There is no hurry so simply wait for the answers to come. Don't move on to the next question until you feel satisfied that you have explored the last.

Body – What is my body telling me? Let yourself pay attention to every part of your body. “Tune in” to twinges and aches, comforts and needs.

Mind – What am I thinking? What is it that is occupying my mental space? You may want to write these things down. Try not to edit, judge, analyze or be critical toward what you are thinking. Simply record your thoughts.

Heart – What is my heart sensing? What am I feeling? What have I been feeling? Let yourself be present with the emotions that have not been attended to. Again, try not to edit, judge, analyze or be critical toward what you are feeling. Simply be aware.

Desire – What is it that is driving me? What am I longing for? What has been causing me to react the way I have been reacting to the world around me? Again, try not to edit, judge, analyze or be critical.

Once you have laid out the pieces of your mind, body, heart, and soul, ask God if there is anything he wants to say to you.