

Mindful

Mini-Devotional



Deb Potts

Illustrated by Macy Simmons

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Requests for information should be directed to:

Deb Potts, PO Box 80183, Rochester, MI 48308 or www.debpotts.com

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Cover artwork and Illustrations by Macy Simmons, contact Macy at writtenontheheart423@gmail.com

DO NOT *READ* THIS DEVOTIONAL!

This mini-devotional was not written to be read, it was written to be experienced.

Not only will you learn by reading and applying the meditations, but as movement anchors thought, you will give form and beauty to your understanding when you color the charming “doodles” by Macy Simmons.

When you pray, don't forget to pause and listen – God longs to connect with you in sacred intimacy. Just ask: God, what do you want me to know about this? Then make sure to write down what you sense Him saying. He's just waiting for you to ask.

I love to experience God with all my senses. That way, I am better able to be present, be peaceful, and be awake! Here are some suggestions to enhance your meditations.

Engage your sense of smell. Incense was burned at times of prayer in the Bible. God speaks of our prayers as having a beautiful aroma. Use essential oils, either in a diffuser or apply them to your skin. Biblical essential oils include frankincense, myrrh, and cassia. Peppermint is good if you fear nodding off, and lavender is great for relieving anxiety.

Engage your sense of hearing. I use a sound app on my phone to keep me focused. I love water sounds, because God's voice is compared to the sound of many waters in the Bible. Experiment with different sounds.

Engage your sense of taste. The Bible says to taste and see that the Lord is good in Psalm 34:8. I love both coffee and tea, and recommend what works for you. Caffeine-free teas that can help with distraction and focus include mint, lemon, and ginger.

Think of how you developed a craving for chocolate. The more you eat of it the more you want it. That's how it works with God too. The more you have of Him, the more you want of Him. Develop a craving for God!

If you enjoyed this mini-devotional, you can find the complete Mindful book on [Amazon](#).



MATTHEW 27:46

My God, My God, why have You forsaken Me?

After three years of ministry and preparation, Jesus was ready to enter the battle of eternity. He went to the cross to die for our sinful selfishness. He suffered in every way possible: physically, emotionally, spiritually, and mentally.

There was only one agony that He mentioned on the cross, found in the Scripture passage above.

After proclaiming that He and the Father were One during His life, suddenly they are no longer One during His death.

On the cross, Jesus became sin, and God cannot be in relationship with sin. God doesn't play favorites, not even with His son.

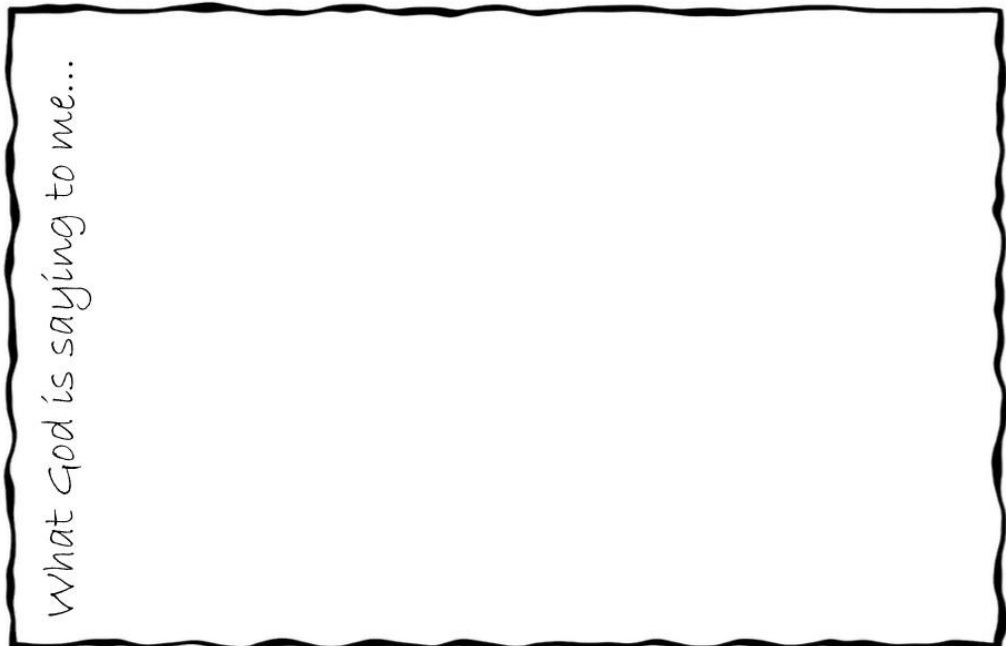
Think about this – what if God had decided, just for this one time, that He could be in relationship with sin? After all, Jesus did everything He was supposed to do. He didn't deserve to die. Even though it cost both of them everything, the Father resolutely turned His back on Jesus at the hour of His greatest need.

I wonder what the angels in heaven thought as they observed this astounding scene. They must have held their breath, wondering if the broken Oneness would cause the entire universe to burst apart at the seams. This terrible price was paid so God would never have to turn His back on His beloved people, once they embraced His gift.

Have you ever experienced abandonment? That emotional pain is one of the most devastating we can feel. We were created for relationship and can face almost anything if we know we're not alone.

Jesus knows exactly what it feels like to be abandoned. That's why He promises in Hebrews 13:5, "I will never leave you."

What does it mean to you to know He will never abandon you?





GENESIS 1:27

So God created mankind in his own image, in the image of God he created them; male and female he created them.

None of us has a perfect personality like Jesus, but we are all created in the image of God. As we explore who we are, we begin to see threads of Jesus' personality: The Heart, Soul, Mind, and Strength of God.

Our heart, soul, mind, and strength are not exactly like Jesus's. We are tainted by our sin nature. So our personality styles become "sanguine heart," "phlegmatic soul", "melancholy mind", and "choleric strength."

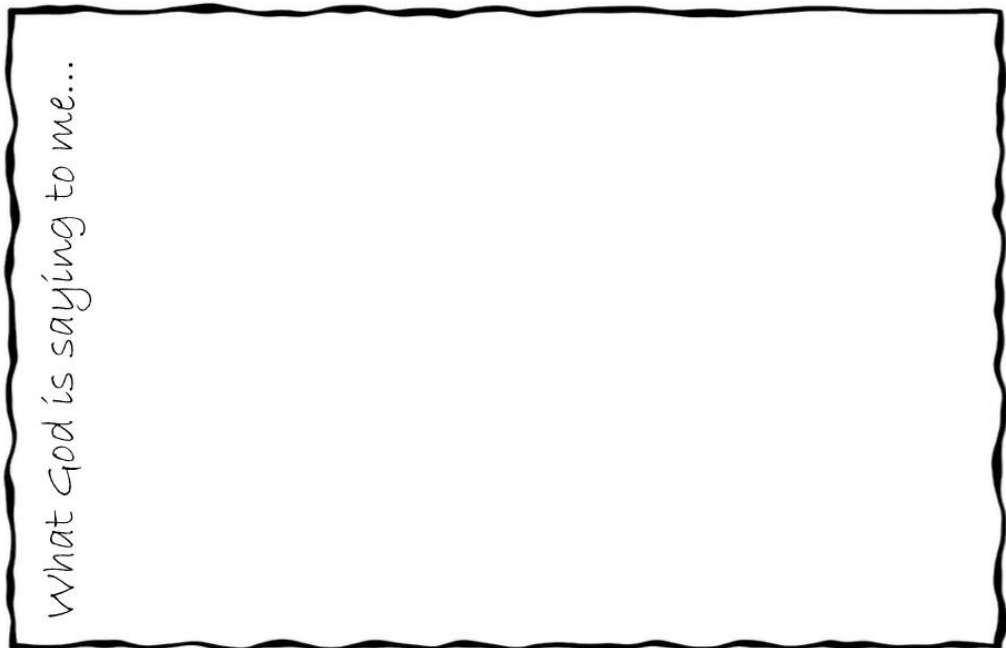
The sanguine heart is our emotional part. When this part is preferred, we are open, friendly, and motivating. We are optimistic and see the good in every person. We live in the moment.

The phlegmatic soul is our deep philosophical part. When we prefer to be soulish, we are easy going, humble, and adaptable. Our chief desire is to be free of conflict. We live inside our heads.

The melancholy mind is the intellectual part. Preferring this style means we are detail-oriented, careful, and perfectionistic. Conscientious is a good way to describe us. We live in the past.

The choleric strength part is the productive self. We could be known as “strong-willed.” These are the leaders, the problem-solvers. We live in the future.

Ask several people you know which description best describes you. Are you surprised at their evaluation? Does it match your assessment results?



What God is saying to me...



1 CORINTHIANS 13:11A

When I was a child, I talked like a child, I thought like a child, I reasoned like a child.

Children talk, think, and reason like children. And when we encounter confusing or difficult situations in childhood we are likely to come to childish conclusions. We have limited knowledge and the adults in our lives may be too busy or too broken to help us understand. Many of our childish conclusions are about our own identity and may be wrong. Those lies can become the bedrock of who we believe we are.

Thinking back to your childhood, what were your defining moments? Can you recall situations or relationships that made you think you were not smart enough, not good enough, not pretty enough, or just not enough? Some of our defining moments came from the careless words of an angry or busy or frustrated adult. For some of us, defining moments were heartbreaking abuse or loss. My false identity as a child included these axioms: *My words hurt people. I don't know what I'm talking about. I better just be quiet.*

Without realizing it, I "put on a mask" and took on a false identity, exactly opposite of the way God designed me.

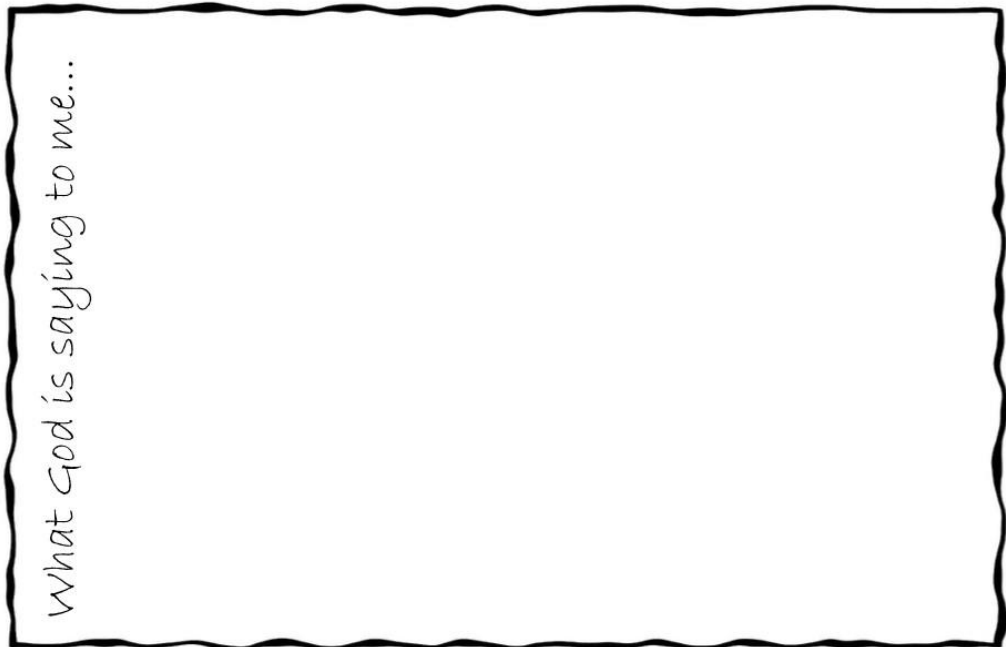
The passage quoted above ends like this: “When I became a man, I put the ways of childhood behind me” (1 Corinthians 13:11b). Now that we are adults, we can choose what to believe. We can choose to evaluate our identity, accept the parts that line up with God’s word, and reject those that don’t.

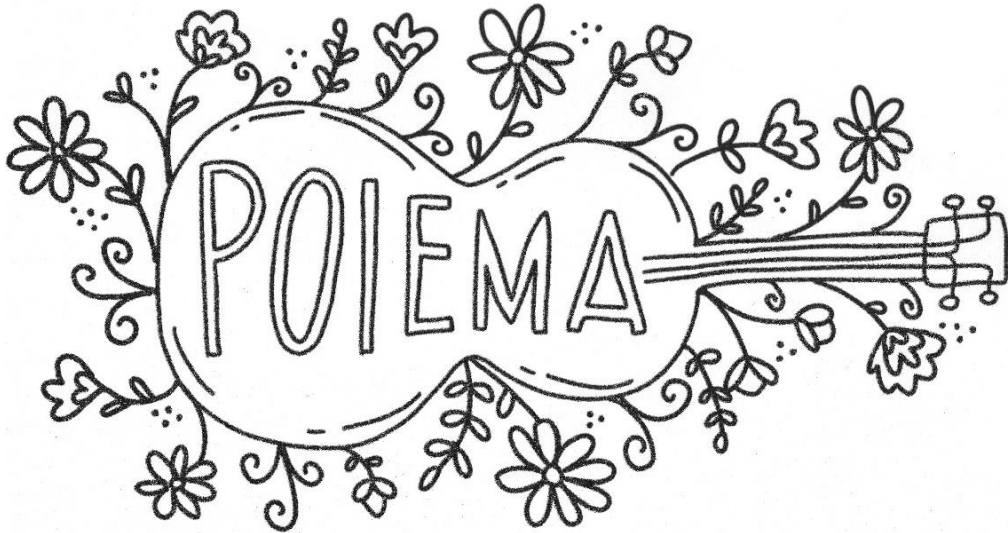
No matter how angry or busy or frustrated your parents were, you can now parent yourself. What erroneous conclusions did you arrive at as a child? Pray and ask God to reveal your true identity, as He defines you. Reject the false axioms as you become aware of them. When you understand your true identity, you may be as astonished as I was. God has shown me who I really am.

I am empathetic, my words don’t hurt people, they help people.

I have a good mind, I do know what I’m talking about.

I was made to tell the story, I better not just be quiet!





EPHESIANS 2:10

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

We are God's handiwork; the word "handiwork" in Greek is "poiema." This is where our word poetry comes from. What a magnificent picture of how God defines those who follow Him. God calls His followers an epic masterpiece, a moving sonnet, an exquisite opus.

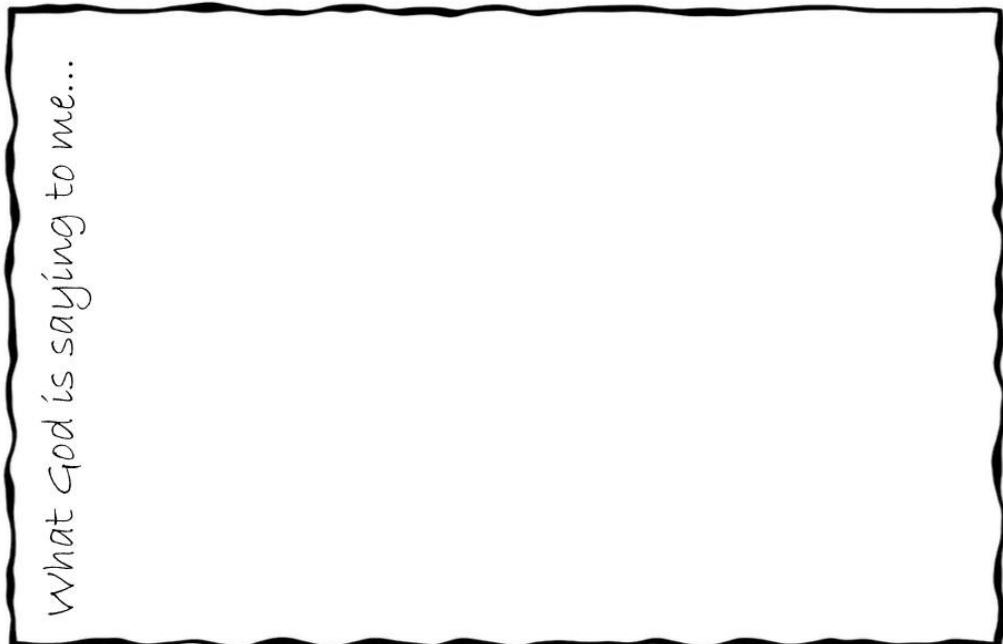
God begins to transform us as we yield to Him, being brave about accepting our failures, confessing regularly to ask forgiveness, and believing that we are forgiven. We partner with God in a way. He gives us free will and we can choose to grow more like Him or to stay stuck in our false identity.

The following list of Scriptures reveals our identity in Christ. Note that each sentence is written in the present tense; it's not that we will become like this, it is our identity now.

As you read over the Scriptures, which ones do you struggle to believe are true for you today?

- You are filled with the peace and joy of God (John 14:27, Romans 14:17).
- You are God's beloved child (John 1:12, Ephesians 1:5).
- You are completely forgiven, perfectly righteous, and free from condemnation (Romans 5:1, 1 Corinthians 6:20, Ephesians 1:7).
- You are God's glorious temple and are filled with his fullness (1 Corinthians 6:19, Ephesians 3:19).
- You are the beautiful bride of Christ who ravishes the heart of God (Song of Songs 4:1-15, Ephesians 5:25-32).
- You are indwelt by a fearless Spirit of love and self-control (2 Timothy 1:7).
- You are more than a conqueror in all things (Romans 8:37).

How would it change your life if you really believed these words? Write out a prayer asking God to help you believe these truths and reject the lies that are blocking your true identity.



What God is saying to me...

ABOUT THE AUTHOR: DEB POTTS

I am a Christian inspirational speaker and marriage mentor. I love to equip and encourage women to find exceptional life in Jesus. Visit debpotts.com for more information about my ministry and books. If you enjoyed this mini-devotional, you can find the complete Mindful book on [Amazon](#).

ABOUT THE ARTIST: MACY SIMMONS

a young age, I've always had a love for creating. What began as a way to ease boredom in school and make free birthday gifts for friends has led to an Etsy shop, and my first published art (Mindful)!

If you are interested in more of my work, be sure to check out my website at etsy.com/shop/writtenontheheart423. I truly love knowing that through my shop, God's incredible truth can hang on the walls of homes throughout the country! I am always looking for new ways to create, so if you have any ideas or requests, feel free to email me at writtenontheheart423@gmail.com.