ACTION STEP 10 | MINDFULNESS AND HUMILTY

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*Who is the King of glory? The Lord, strong and mighty, the Lord, mighty in battle!*

* Psalm 24

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MIDFULNESS AND HUMILTY

Step 10 pushes us to perseverance, running the race well, and living with humility. To continually walk this way each day, one must be mindful of God and their place before Him. Mindfulness is the state of being conscious or aware of something. The spiritual discipline of mindfulness helps us to reflect on the character of God, our human nature, and His great mercy towards us. This then brings about true humility, a vital aspect of step 10.

PASSAGE STUDY AND REFLECTION

Read through Psalm 24 and answer to following questions to help guide you in a time of mindfulness.

1. What are some ways God is described in this passage?
2. According to the Psalm, who can enter the hill of the Lord? (V4) In what ways have you missed this mark?
3. How has Jesus made a way for us to stand before God?
4. In light of what you have read about God and yourself, what are some ways you can thank him today?
5. Talk through how your time went with your sponsor. Discuss what it looks likes to keep a posture of humility each day.