A COUNSELOR’S GUIDE TO
CHRISTIAN MINDFULNESS

Engaging the Mind, Body & Soul in Biblical Practices & Therapies

REGINA CHOW TRAMMEL & JOHN TRENT

A PDF COMPANION TO THE AUDIOBOOK
References for Chapter 1


References for Chapter 2


Trammel, R. C., Park, G., & Karlsson, I. (2021). Religiously oriented mindfulness for social workers: Effects on mindfulness, heart rate variability,


Questions for Reflection for Chapter 3

1. Of the gifts of Christian mindfulness described in this chapter, which ones seem most resonant to you? Why?
2. When you listen in Christian mindfulness, what is an example of what you hear about your thoughts?
3. Describe at least one way you experienced living more authentically recently.
4. Do you find yourself challenged to stay in the past more than being able to live in the present moment with joyful awareness? Why or why not?

References for Chapter 3


References for Chapter 4


References for Chapter 5


References for Chapter 6


References for Chapter 7


References for Chapter 8


Questions for Reflection for Chapter 9

1. In relationships, we often talk about love and bonding. In your mindfulness practice, what came up for you initially when you needed to slow down?

2. What did you notice in your loved one as you took space away and then came back?

3. What choices did you make internally—in your thoughts or in ways you sought God for a calm space? What was one choice? What was the other choice?

References for Chapter 9


Questions for Reflection for Chapter 10

1. Evaluate your sense of belonging in friendships. Who can you openly share your concerns with? What is it about that person that helps you open up?
2. How has God been present in your friendships?
3. What do you need to accept about your friends in Christian radical acceptance?

References for Chapter 10

Questions for Reflection for Chapter 11

1. Acknowledge the work stresses you face regularly. Determine the roots of those stresses.
2. Identify your work’s purpose in a mission statement for yourself, and include in your statement how you will mindfully work on behalf of others you have leadership influence over.
3. What does gratitude look like for you at work?
4. Who is left out at work? How can you include them?

References for Chapter 11


Questions for Reflection for Chapter 12

1. As you look through some of your journal entries, what do you notice is a theme of your emotional experience in ministry? What feeling words come up?

2. What are the barriers to your scheduling a regular retreat from work?

3. How have you used the retreat? What have you discovered about yourself and who you are—what you think, believe, and feel?

References for Chapter 12


References for Chapter 13


Questions for Reflection for Chapter 14

1. How can you think rightly and biblically if you are undernourished (body, mind, and spirit)?
2. What health practices mentioned in this chapter (eating, sleeping, exercising) most appeal to you? Why? What other health practices appeal to you?
3. Name the benefits you will be mindful of as you make efforts to eat, sleep, and exercise in ways that support a healthy and nourished lifestyle.

References for Chapter 14


References for Chapter 17


References for Chapter 18


References for Chapter 19


References for Chapter 20


References for Chapter 21

Progressive Muscle Relaxation with Christian Mindfulness

Using the picture on the left, circle or label any parts of your body where you identify stress or emotion is stored.

Using the picture on the right, circle or label any parts of your body where you have felt a relief of tension or stress.
Boundary Keeping Circle

Outside the following circle, label the feelings you experience when you overstep or do not keep boundaries with a person God brings to mind. List the mistaken values you keep when you do not keep boundaries.

Inside the circle, label the feelings you experience when you keep proper boundaries. List the values you uphold when you do so.
The Mindful Blessing

In preparation for the exercise integrating Christian mindfulness with the Blessing, use the following prompts to help you formulate a blessing that you can speak over yourself or even ask a supportive friend or loved one to speak over you.

1. When have you felt a meaningful or ethical touch? Was it in the form of a hug, a touch on the shoulder, or something else? In what form of touch and where can someone touch you ethically that would feel meaningful to you? Write this down:
2. What are some words of blessing you have heard others say about you or someone else? Identify good words that strike a chord in you, that are powerful to you. You can borrow a blessing from the Scriptures or from some other source. Whether you have only a few words or a lot, write them down:

3. Identify qualities or character traits that you observe in yourself or that others have observed in you. These are stable. They make up who you are, no matter the circumstances. Write these down:
4. Picture a near future when you live out this blessing spoken over you. Who (living or passed away) would speak it, and how would it shape you? What are the consequences of living it out? Write it down:

5. Being mindful, aware, and grounded in God’s presence, in what ways can you move toward a lifestyle of commitment in your blessing? Write this commitment down: