

Monthly Theme: Reflection

September 26 & 27: Truth

“thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.”

~ 1 Timothy 6:19

PRESENCE

Invitation to Truth



- **Pause** (put aside what you are doing to just rest in this moment)
- **Relax** into this moment (soften your facial and body muscles)
- **Enhance** awareness of your breath (take 3 deep inhalations and exhalations)
- **Sense** your inner body (bring awareness to what you are feeling in your physical and emotional body)
- **Expand** sensory awareness outwards (seeing, listening, touching, sensing what is around you)
- **Notice** what is true in this moment (both within you and around you, without judgment)
- **Center** and ground (feel your feet on the ground and the center of your body)
- **Extend** and make contact (open your eyes and ready yourself to approach the next moment, while staying connected to your self and your breath)

taken from Geller and Greenberg (2012)



Reflection:

Notice what is true in this moment. What do you notice?

How are you pausing, reflecting and creating a foundation of goodness this week?



Options: 1) Text a friend/gratitude buddy. 2) Share with the River Church App (CR365 Group). 3) Email infoCR365@riverchurchmovement.com. 4) Write in a journal.