

Mindful Meditation 15: Disciplined Devotion - Building Spiritual Strength



Hey there, Faithgineer -

Welcome to a new Mindfulness Meditation. During our time together in this meditation, we will embark on a journey of disciplined devotion to those things required to make our business ventures operate decently and in order.

I invite you to take a moment to find a quiet space where you can be still and centered. Grab your Bible, a pen, and a favorite notebook and keep them nearby, so you are ready to capture the insights and revelations Holy Spirit imparts to you during this time of mindful meditation.

[Click here to listen to the meditation audio.](#)

Let's begin this session by taking a deep, intentional breath. As you inhale, fill your spirit with hope and possibility. Allow these feelings to flow through every part of your being. As you exhale, intentionally release any doubt, anxiety, or fear that resides within. Breathe in faith, breathe out hesitation.

Now that you are more centered than you were before, let's reflect upon wisdom found in the book of Hebrews at 12:1, which reads—

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

Embracing Discipline in Action

As you contemplate how this wisdom from scripture is meaningful for your life through business, envision yourself engaging in the activities you know are essential for success in your marketplace.

This could be creating and publishing content, making sales calls, giving client presentations, sending invoices, or a myriad of other essential business activities.

Feel the sense of empowerment that flows from not just knowing what to do to reach your business goals, but actually doing these things with disciplined consistency.

The Art of Follow-Through

Visualize yourself not just starting essential business activities, but completing them with excellence (*not the impossible standard of perfection, but the profitable standard of excellence*). Allow yourself to soak in a sense of fulfillment and pride for honoring your promises to yourself (*and your business*) by actually doing things until they are complete, overcoming the temptation to move on to the next thing, before you're done with the first thing.

Faithfulness in the Small Things

See yourself working diligently on your business (*and not just in your business*), even in moments of solitude or limited public acknowledgment, knowing that being faithful in the small things (*like the nuanced details*) leads to excellence in the big things; and also represents your character and integrity, which together build a solid foundation for sustainable and lasting success in business.

Courage in Vulnerability

As we continue on this mindfulness journey together, imagine yourself stepping forward in your business ventures boldly, *despite the possibility of rejection*. Embrace the vulnerability required to implement your innovative ideas and solutions, knowing that your willingness to lead means you'll *never* fail - you will either be successful or learn a lesson that leads you closer to success the next time.

Walking by Faith, Not Sight

As you are envisioning success, see yourself focusing on the divine work God has placed in your heart to do in the marketplace. Visualize yourself having great influence and impact as you are walking by faith, confident in not what you see around you, but in what God has shown you through prayer and meditation.

Guidance through Prayer

See yourself praying before every decision and action in business. These prayers may be short moments of reverence and reflection to tap into your discretion - or require significant time as you seek God's wisdom while being open to what is revealed to you through Holy Spirit.

Take a moment here to feel the presence of Holy Spirit guiding you during every single moment of prayer or reflection, replacing any fear with divine direction and clarity.

As we wind down this mindful meditation, carry what you've visualized here with you as you continue to build spiritual strength through discipline, aligning your actions with God's purpose for your Work.

A Blessing

May you continue to be inspired by the impact that your disciplined devotion to bible-based principles and Christ-centered practices has in the marketplace, knowing that your commitment to discipline is building both tangible and intangible wealth, while making the earth more like it is in heaven.

Amen.