

Mindful Meditation 18: Stewarding with Wisdom - Investing with Integrity

"Let's reflect on Luke 16:10, which teaches us, 'Whoever can be trusted with very little can also be trusted with much...'"

Hey there, Faithgineer,

Welcome to a Mindfulness Meditation with me, Coach TC. In this meditation, we focus on the virtue of stewardship. We will journey through seeing ourselves as wise custodians of our God-given resources, knowing all resources come from the Lord.

I invite you to find a quiet space and bring along your Bible and favorite pen. Have your #FaithFocusFlow notebook nearby so you are ready to write down whatever Holy Spirit reveals during this time of visualization and contemplation.



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

Let's start our meditative time together with a few deep, intentional breaths.

Inhale joyful energy, exhale procrastination.
Breathe in integrity, breathe out neglect.

And repeat ...

Inhale joyful energy, exhale procrastination.
Breathe in integrity, breathe out neglect.

Now that you are more centered than you were before, let's envision your journey through being an excellent steward of every aspect of your life.

Envision Being a Good Steward of Time

See yourself managing your time effectively, prioritizing tasks that align with your purpose and what you know God has called you to do in the marketplace.

Envision Being a Good Steward of Time

Visualize yourself using your energy wisely, investing in activities and relationships that uplift your spirit and soothe your soul.

Envision Being a Good Steward of Time

See yourself managing your finances prudently, honoring God with your resources, and investing in ways that align with your values.

See yourself using your financial resources in service to your current self - through the things you are doing now; your future self - through how you are preparing for the future; and others through your charity and philanthropy - which all collectively help to make the earth more like it is in heaven.

Envision Being a Good Steward of Wisdom

Picture yourself sharing your knowledge and guiding others with the insights you've gained and lessons you've learned on your journey through life.

See yourself as a deep well of resources who shares wisdom generously through a healthy mix of making information available for free and counsel available for investment; in this way, caring for your community while building wealth in a way that serves people in the marketplace and honors God.

Envision Being a Good Steward of Optimism

See yourself nurturing a positive outlook, and spreading hope and encouragement in your interactions by being intentional about who you allow into your inner circles, whose voices you listen to, and whose perspectives you allow to influence your decision. See yourself setting firm boundaries with others (family and friends alike) and honoring them.

Envision Being a Good Steward of Relationships

Envision building and maintaining beautiful relationships with those you care about and respect in both your personal and professional life.

Feel yourself enjoying the warmth that flows from mutual care, respect, and genuine connection.

Envision Being a Good Steward of Expertise

See yourself enjoying the process of learning more about your areas of expertise, building upon your foundation of knowledge, and doing what it takes to be the absolute best in your industry.

Imagine the thrill of knowing that you know your stuff. See yourself fully confident that your Work is your calling, and through it, you are transforming careers, businesses, and lives in ways that shift the atmosphere, making the earth more like it is in heaven.

As you are embracing your stewardship through intention, let's journey together through being very intentional about rejecting every single thing not aligned with your greatest good while embracing that which supports you being a phenomenal steward over all aspects of your life.

See yourself:

- Rejecting fear, and embracing courage;
- Rejecting failure, and seeing every setback as a lesson;
- Rejecting pessimism, and embracing hope;
- Rejecting gossip, and focusing on potential;
- Rejecting disrespect, and embracing setting and respecting boundaries; and
- Rejecting overwhelm, and embracing productive simplicity.

As you see yourself rejecting disharmony and embracing truth, allow yourself to soak in the energy that this visualization creates for you.

And now, as we wind down this meditation, I invite you to carry with you the spirit of wise stewardship. Let this spirit guide your actions and decisions, encouraging you to invest every single aspect of your life in being intentional about purpose and joy.

May your journey be blessed with wisdom, integrity, and the abundant fruits of faithful stewardship.
Amen.