

## Mindfulness Meditation 25:

### Navigating Change with Faith and Agility

*"Reflect on the assurance in Jeremiah 29:11, 'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"*



Hey there, Faithgineer,

Join me in this Mindfulness Meditation as we visualize ourselves embracing change in the marketplace, guided by faith and the assurance that comes from knowing that as believers who are pursuing our God-given purpose, all things are working for our good.

Find a peaceful place for meditation. Bring along your Bible, favorite pen, and your #FaithFocusFlow notebook to record divine insights as Holy Spirit reveals to you.

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

Let's start our meditation with a few deep, calming breaths.

*Inhale, feeling centered in God's peace;*

*Exhale, any anxiety or fear about change.*

Now, let's journey through faith and flexibility when facing change.

### **Calm in the Storm**

Call to mind something that is changing in your life.

Visualize yourself remaining calm as you consider what this change will bring, even if there is a lot of uncertainty about your future. Feel your heart steady in the knowledge that God is in control and all things are possible through Him.

### **Courageous Anchoring**

As you are envisioning change that is now happening in your life or is on the horizon, imagine yourself anchored in courage. See yourself fearlessly facing the change around or ahead of you with strength that comes from your faith.

Stay here for a moment, feeling yourself courageous through your faith in God.

### **Centered in Scripture**

As you contemplate preparing yourself for difficult conversations or situations that may be on the horizon - visualize yourself facing these circumstances while anchored in God's promises as revealed through scripture. See God's promises as your constant companion.

Let's stay here for a moment and call to mind a few of your favorite bible passages, ones that soothe your soul and help you to focus on your spiritual connection with God.

The 23rd and 91st Psalms are two of my favorite. Read or repeat the words of *your* favorites and see yourself anchored in their truth.

### **Rooted in Faith**

As you think about the uncertainties of change, envision your faith as a tree with very deep roots keeping you grounded and unwavering in the winds of change. See yourself rooted in your faith.

### **Confidence in Worthiness**

Take a moment to acknowledge your value in God's eyes, with full awareness that God created you in His image. Know that your creation and evolution into a *being* here on earth makes you worthy.

Allow yourself to feel a profound sense of worthiness, and see yourself feeling and being confident in your value and purpose, as ordained by God.

### **Guided by the Holy Spirit**

Feel the Holy Spirit's guidance in your every decision and action. Visualize Holy Spirit leading your every step, providing wisdom and discernment during times of change.

### **Provided for by God**

Allow yourself to feel the love of Jesus, offering you comfort and reassurance in moments of uncertainty. See yourself accepting His offer, this beautiful offer of comfort and reassurance.

Know that God can provide your every need during your season of transition and change. Trust that your help comes from the Lord and that you are well-equipped for your now and next season.

### **Flow Gracefully Through Change**

Envision yourself emerging from the change and transitions you are facing more aligned with your divine purpose than ever before.

See yourself adapting to this change with belief and trust.

Imagine yourself moving through the change with grace and mercy, adapting with ease and flow.

### **Legacy Building**

Now that you've visualized God's hand guiding you through seasons of change, see yourself influencing every environment you enter, shifting atmospheres, and making the earth more like heaven through your actions and your presence.

As we wind down this meditation, carry with you the assurance of God's plans for prosperity, hope, and a future with you.

Let this assurance fortify your faith as you navigate change in your personal and professional life.

May your journey through change be a testament to the strength, hope, and resilience that flow from a life anchored in faith.

Amen.

