

Legacy Leadership Collective / Spiritual Disciplines / *Stepping off the Track*

Once or twice a day, I have a notification or alarm that reminds me to take a few minutes to “step off the track” and meditate on what I’m feeling, what that means about how I see Jesus, and how I can respond. Very simply I ask these questions...

- **Where did I feel most genuine and rested today?** Where did I feel the most joy and peace? *Who was God to me at that moment? Can I thank God for this?*
- **Where did I feel most disjointed today?** Where did I feel the greatest tension or anxiety? Who was God to me at that moment? Can I repent and celebrate God’s answer for this?
- **What am I free to do in light of this?**

As you build a steady practice of this, you’ll notice an increased awareness of when it’s happening in real time. You’ll be quick to pray, and quick to apply the good news of how God sees you and what he has done.

Try this once a day, then move to twice a day. Feel free to change the questions according to you personality and needs. Hope this is helpful.