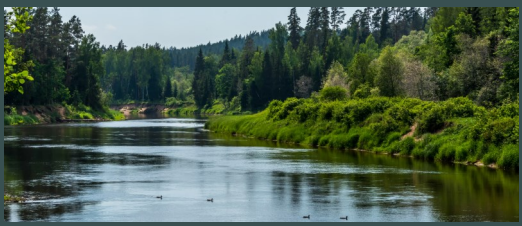


# Slowness

a soul care guide

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*In repentance and rest is your salvation, in quietness and trust is your strength.  
Isaiah 30:15 (NIV)*

God's first children in Eden traded their **relaxed, intimate, meandering, cool-of-the-evening** closeness for the myth of having self-ruling god-like qualities. Just as He sought them out, our God woos us to Himself with the invitation to **enter a slow pace where we can know Him and enjoy Him.**

Invite your group to adopt a slow rhythm for life - trade the white-water for a lazy river.

Experience Isaiah 30:15 together as a Slow Read; Deep Listen.

Take some time to individually ask God to show you what is enticing you toward a fast pace.

Notice which times of the day/week are habitually full of hurry.

Allow time for the group to share what they have discovered about their harried habits.

Brainstorm together to list occasions to pause—as you eat, wash your hands, stand up, enter a room, encounter people, and even as you begin to speak.

Talk about times you can use your senses to prolong your pause: see... hear... breathe... feel ...

Invite God to slow your pace to match His plans and purposes.

Close your time by praying Isaiah 30:15 together—slowly.

**Let God transform ordinary moments into sacred spaces. Be slow.**

**S**avor

**L**isten

**O**pen your heart to God's presence

**W**orship



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