

Slowness

- 1– Ask God to show you what is enticing you to a fast pace.
- 2– Notice which times of the day/week are full of harried hurry
- 3– Seek occasions to pause —as you eat, wash your hands, stand up, enter a room, begin to speak.
- 4– Use your senses to prolong your pause: see... hear... breathe... feel ...
- 5– Invite God to slow your pace to match His plans and purposes.

Savor

Listen

Open your heart to God's presence

Worship

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

