

## 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.

**S**avor  
**L**isten  
**O**pen your heart to God's presence  
**W**orship

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



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