

Slowing

Our culture values busyness. The more we get done the better we feel about ourselves. We're addicted to checked-off lists and deleted emails — so much so that we don't know how to handle the quiet or relish each moment.

Rather than being present, we're preparing for the next moment, or we're checking out someone else's moment. We were not created for this frantic, fast-paced lifestyle. God created us to experience the moment we're in.

By slowing down, we accept the pace we were created to experience. We see what we didn't see before and have time to listen like we didn't before. We have time to process life and enough margin to engage with those around us.

By slowing, our lives become more meaningful and we are freed up to experience God in the day to day rhythms of life. "He says, 'Be still and know that I am God...'" Psalm 46:10 (NIV).

These suggestions will help you slow down:

- Allow 10 extra minutes to get there and take a less frantic route.
- Practice deep breathing and remind yourself not to rush.
- Avoid self-checkout lanes and say a kind word to the check-out attendant.
- Sit longer at the table, chatting.
- Sit on your porch or in your yard and enjoy conversation with neighbors.
- Call someone rather than texting.
- Write a hand-written note to let someone know you're thinking about them.
- Get enough sleep. Take a nap.
- Enjoy a long shower or take a long bath — with bubbles.