

# Practice Slowing

The spiritual practice of slowing is a way to counter our culture's ever-increasing demand to use busyness as a badge of honor and status. In slowing, we cultivate a deliberate attention to being fully present to the here and now. As in all spiritual practices, sharing the practice of slowing in community with your family, friends, or small group can be a great way to consistently live into this practice.

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*Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace... Keep company with me and you'll learn to live freely and lightly.*

JESUS IN MATTHEW 11, (THE MESSAGE)

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The following are a number of practical suggestions that will help you slow down throughout your day. Over the weeks ahead, choose a rotation of one or two options below each week. There is also space at the end to add a few ideas you gleaned from your family, friends, or small group.

- Do not wear a watch for a day.
- Only allow phone calls on your cell phone, but mute all other notifications.
- Intentionally get in the slow lane or long line in the store. (You will have to make a game of it to "enjoy" it, but we are practicing here remember.)
- Spend some extended time in solitude in a place that refreshes you.
- Hand write and mail a note of encouragement to someone.
- When people ask, "How are you doing?" respond without using the word busy.
- Linger at dinner together with family or friends. Intentionally eat your meals slower. Pay attention to how many times you are chewing your food and do so at least 15 times.
- Review your day with God.
  1. Be still for a moment and quiet your mind.
  2. Acknowledge that Jesus is present and that you are here to be with him.
  3. Think back through your day as if watching a movie reel of it. Notice where God felt close or distant. What other feelings did you have throughout the day?
  4. Talk over with Jesus the particular scenes that stood out to you. You might be lead to pray for different people or situations that have come up as you reviewed.
  5. End this time by thanking God for his love and grace. In light of your conversation, ask God to lead you into tomorrow with a refreshed purpose towards Christ.

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