



## Slowing Tool

**Slowing:** Reducing hurry and creating space to be aware and present with God.

Psalm 46:10 "Be still, and know that I am God." (NIV)

**Jesus is our example and models the way for us.** (Mk. 1:32-39; Lk. 5:15-16)

### Practice:

*Individual:* Enjoy 10 minutes alone, each day, slowing your soul and sitting before God. Then, seek 3 opportunities throughout the day to slow down and be alert to God's presence.

*Family:* Take one night a week to step away from screens, having a slow evening together as a family and discussing your current life pace.

### Reflect:

What am I missing by living at a fast pace?

What will I cut from my life so I can slow down?

In what ways does slowing help me experience God and be formed by him?

### Slowing is related to other spiritual practices:

**Solitude:** Meeting alone with God, away from the fast forces of the world.

**Silence:** Sitting before God in quiet and stillness.

### Ideas for Practicing Slowing throughout the Day

1. Drive the speed limit.
2. Drive in the slow lane.
3. Come to a full stop at stop signs.
4. Don't text and drive.
5. Show up 10 minutes early for an appointment.
6. Get in the longest checkout line at the grocery store.
7. Turn your smartphone into a dumb phone.
8. Get a flip phone or ditch your cell phone altogether.
9. Parent your phone - put it to bed before you go to bed and make it sleep in.
10. Keep your phone off until after your morning quiet time.
11. Set time limits for email.
12. Set time limits for social media (or just get off it).
13. Limit TV watching.
14. Single-task.
15. Walk slower, eat slower, talk slower.
16. Take a regular day for Sabbath, Silence, and Solitude.
17. Take up journaling.
18. Experiment with mindfulness and meditation.
19. If you can, take long vacations.
20. Cook your own food and eat in.

Ideas for practicing slowing are adapted from *Spiritual Disciplines Handbook: Practices that Transform Us* by Adele Ahlberg Calhoun and *The Ruthless Elimination of Hurry* by John Mark Comer.