



AWE & WONDER

Awe opens us to wonder, connects us to others, and draws us closer to the sacred.

IMPACT OF AWE

Awe is a “moral, spiritual, and aesthetic emotion”

Awe reduces perception of daily stress and lowers anxiety, depression, and inflammation.

Awe connects us to others, makes us more generous and increases spirituality.

ACTION

1. **Slow down** - practice sacred pauses, notice, be present
2. **Look up** - Literally at the sky and trees. At faces. Awe is all around you.
3. **Pay attention** - to small wonders: a flower, child's laughter, unexpected kindness

RESEARCH

Bai et al. (2021)
Keltner (2023)
Keltner & Haidt (2008)
Piff et al. (2015)
Saroglou et al. (2008)

8 WONDERS OF LIFE

1. **Moral Beauty**
2. **Collective Effervescence**
3. **Nature**
4. **Music**
5. **Visual Design**
6. **Spirituality & Religion**
7. **Life & Death**
8. **Epiphany**

PRAYER

Lord, open my eyes to see the wonders You have placed around me. Slow me down. Help me to notice. And let awe lead me closer to You. Amen.

“The world will never starve for want of wonders; but only for want of wonder.”

~ G.K. Chesterton

WWW.FAWNLAKECHURCH.NET