

## WHO AM I FOLLOWING?

# SOUL TRAINING: SLOWING DOWN

*"This is your assignment: slow down, savor, rest and contemplate. Slowing down the pace of our lives means eliminating hurry and limiting the demands and activities in our lives. Then we are more likely to take delight in our lives and make room for God." – James Bryan Smith*

Choose at least two activities from the list below to help you slow down this week.

### SLOW DOWN

- Take a slow day. Arrive 10 minutes early to your next activity. Take the time to notice the people and things around you. Walk slowly; drive slowly. Breathe.
- Set aside a slow hour. Do everything at a deliberately slower speed. Pay attention to all of your senses. Sit quietly and observe your surroundings slowly, noticing everything. Close your eyes and isolate each sound you hear. Focus on touch and notice what you are feeling. Breathe deeply; what do you smell or taste?

### SABBATH REST

As God did in Genesis 1, stop and enjoy what He has made.

- Take contemplative rest. Read the scriptures, pray, listen, and be quiet before the Lord.
- Take aesthetic rest. Enjoy our creator God. Spend time refreshing your soul by enjoying visual art, music, drama, or the outdoors.

### SAVOR WHAT IS GOOD

- Take time alone to eat a meal. Slow down every bite. Notice and enjoy smells, textures, and tastes.
- Plan a meal with a friend or group of friends. Cook slowly and eat slowly. Try shutting out all other senses and focus on one at a time. Create quiet, close your eyes, be still and enjoy the smells and tastes of the food you are eating.

### CONTEMPLATE

- Set aside 15-20 minutes. Find a quiet place, away from phones, screens, and other distractions. Shut your eyes and breathe deeply. Ask God to direct your thinking. As you consider what God brings to your mind, pay attention to your feelings, your heart, and how you respond to different thoughts.
- Use Lectio Divina to contemplate Scripture.

