

# **IDEAS TO PRACTICE CELEBRATION, SLOWING, AND PRAYER**

## **CELEBRATION**

- Cook a special meal or bake something meaningful and share it with someone.
- Host a game night.
- Make a gratitude list every night of at least 10 things.
- Create a playlist of songs that remind you of God's goodness.
- Write a thank-you note to someone who has encouraged you spiritually.
- Take a "celebration walk" noticing beauty around you.
- Host a small mini-celebration for a personal milestone (even privately).
- Take photos of things that bring you joy and create a collage.
- Throw a party (to the glory of God :)

## **SLOWING**

- Go on a 20-30 minute walk every day without your phone.
- Sit outside and observe nature for at least 15 minutes a day, noticing the details.
- Do one daily task (washing dishes, folding laundry, cooking) slowly and intentionally.
- Take a break from social media for the week.
- Go on a mini silent retreat: 1-2 hours alone, no music, no reading, in a quiet place (outside if possible). Just you and God.
- Sit and drink your morning coffee/tea slowly. Do nothing but drink it (no phone, no reading, no music, no making breakfast). Savor the taste, temperature, and aroma. Don't allow yourself to be interrupted - get up only when the coffee is finished.
- Drive at exactly the speed limit the entire week. If you get stuck behind a slow car, stay there. Resist the urge to get in the "faster" lane.
- Choose the lane with the longest line every time you go to the store. Actually engage the cashier and the people around you.

## **PRAYER**

- Walk around your neighborhood and pray for people or places you see.
- Set aside 10 minutes a day for silent prayer, focusing on listening rather than speaking.
- Create a prayer collage of images, words, or doodles representing your prayers.

- Choose a short phrase like “Lord, be near” or “Jesus, give me peace.” Inhale while saying the first word, exhale with the second. Repeat for 1-5 minutes.
- Write names of people or causes on sticky notes or in a notebook. Pray over each one intentionally, imagining God’s presence over them.
- Instead of asking for things, spend 5 minutes a day thanking God for answers you’ve already received, even small ones.
- Download the Lectio 365 app and follow the prompts for morning, midday, and evening prayer