

be.

A call to come back

These words and accompanying soul care exercises are tools for you to map out a rhythm of returning to Jesus. Each move offers a path to intimacy with the Lord. We all need different connections based on our current moment, phase of life, and calling. God, in His generosity, has provided a variety of ways to draw near through His Word

PAUSE: To Practice the Presence of God **Stillness - Breathe Prayer - Sabbath**

- **Stillness** is to free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words. To curb my addiction to busyness, hurry and workaholicism; to learn to savor the moment
- **Breath Prayer** is to pray a simple, short, intimate prayer of heartfelt desire before God
- **Sabbath** is to set apart a consistent and committed time for rest and worship of God

REMEMBER: To Reflect on the Redeeming Work of the Father, Son, and Holy Spirit **Examen - Milestones - Gratitude**

- **Examen** is to notice both God and my God-given desires throughout the day and to reflect through journaling, morning and evening prayers, or any technique of noticing
- **Milestones** are useful as ways we remember through traditions or rhythms. Communion, baptism, birthdays, special dates and anniversaries can all become holy activities to remember what God is actually doing in our lives
- **Gratitude** is to be sensitive to the Holy Spirit's prompting to live with a grateful heart, cognizant of God's work in my life and my abundant resources

PUT OFF: To Notice Falsehood and Confess Sin **Confession - Noticing - Restoration**

- **Confession** involves surrendering my weaknesses and faults to the forgiving love of Christ by intentionally desiring and embracing practices that lead to transformation
- **Noticing** is to see what is happening around me and to delight in and recognize the voice and will of God for training, correction or new insights
- **Restoration** is to align myself with Christ and His intercession for Kingdom-minded living



PURSUE TRUTH: To Reflect on God's Word

Study - Memorize - Meditate

- **Studying** is the intentional process of understanding what the Bible says, exploring its meaning in context, and applying its truths to one's life
- **Memorizing** Scripture is to carry the life-shaping words of God in me at all times and in all places
- **Meditating** is setting aside focused time to deeply reflect and gaze upon God, who He is, what He has done, and what He says in His Word

GLORIFY: To Love God With All Your Heart, Mind, Soul, and Strength

Worship - Stewardship - Honoring

- **Worship** Worship flows from recognizing who God is and what He has done,: it encompasses our words, actions, thoughts, and desires. We respond with obedience by giving God His rightful place, with the Trinity as the supreme treasure of life
- **Stewardship** is living with the awareness that nothing I have is my own, but all is entrusted to me by God. He is calling me to wisely manage His resources in every area of life.
- **Honoring** God with our heart, mind, soul, and strength (body) is strengthened by committing to disciplines and includes lifestyle choices

DELIGHT: To Choose to Enjoy Life with God

Attention - Joy - Celebration

- **Attention** is engaging the five senses and giving your soul (mind, heart, body) to the activity and presence of God
- **Joy** is accessing biblical joy and a deep sense of good that transcends mere happiness
- **Celebration** is to take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world and purposes

be still and know that I am God
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be still
be.