

Timeout 4 Prayer

NOTICE

Notice your internal impulse to buy more, to eat more, to do more things that are not essential.

PAUSE

Pause and take a breath.
Find a phrase to ground you:

“Less is more”

“Help me find You”

“Do I need to get/do this?”

CHOOSE

Make a choice to live simply and focus on what is essential: God, relationships, service, and caring for each other and our earth community.

