

10 PEACEFUL PRACTICES



- 1. Solitude Retreats- Extended, uninterrupted times of listening**
- 2. Prayer - Memorize a scripture or prayer to recite regularly, prayer labyrinth, books of prayer, create prayer prompts in your physical world
to connect physical reality to spiritual reality- furniture, jewelry, or space.**
- 3. Daily activities- Brushing your teeth, waking, going to sleep. Small daily moments are what make up a life. You play how you practice.**
- 4. Big rocks first- Prioritize by value not by urgency.**
- 5. Saturday Slow downs- Use your free time to free up your soul.**
- 6. Divine imagination- Imagine scripture (physical elements)
Spend time relaxing and mentally focusing on scripture visually
Walk through sin struggles, injecting Gods grace
Fear is imagining a place God cannot go.**
- 7. Quiet, focused meditation- Start with 5 minutes and build up more time, focused on meditating on a single scripture or biblical truth.
“on your word I meditate day & night”
“be still and know that I am God”**
- 8. Busy your body to quiet your mind- Read, journal, yoga/physical activity to worship music**
- 9. Verbalizing dialogue with the Lord in your daily life**
- 10. In depth study of God - Knowing the one you are drawing near to protects you from idol worship.**

