

Being Aware of the Presence of the Lord in Your Daily Life

Jesus said, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." John 15:5

Slow Down in your daily activities:

- Walk more slowly
- Smile as you work and when you see or talk to people
- Breathe deeply
- Really listen to children and to the people talking to you
- Enjoy listening to others more than talking
- Drive in the slower lane
- Take your time wherever you go

Pray for God's guidance before you say "yes" or "no" to commitments (committees, volunteer work...). Ask yourself:

- "Would this commitment help or hinder my ability to use my gifts?"
- "By saying yes to this, am I not taking care of something else that is more important for me and my family right now?"
- "Is this an opportunity for me to be a witness of the Lord's love and grace?"

Keep the Sabbath after 6 days of work:

- Take one day a week to worship the Lord and rest
- Take a long walk and breathe in the fresh air, look up and all around you
- Read the scriptures and an inspirational book
- Have an unhurried conversation or a meal with family, neighbors, friends
- Thank God for his provisions, grace and for being with you
- Participate in activities that are restful and that give you joy

Spend your free time being refreshed:

- Enjoy the presence of the Lord in daily activities.
- Incorporate spiritual disciplines in daily activities (reading scripture, prayer: private and group, listening, stewardship, serving others in need ...)

Simplify your life:

- Rid your mind, home and life of clutter (The more you have that is not necessary, the more energy you use to deal with it)
- Purge and cleanse what bogs you down
- Spend a day(s) going through your basement, garage, attic and give things away