



Leading others on their faith journey

....one trial and triumph at a time

## FOUR EASY STEPS TO HELP YOU PAUSE

*"Do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day". 2 Peter 3:8*

God is on eternity's pace. He does not conform to the ever-increasing pace of the world. These four easy steps helped me learn to pause. I hope they help you as well!

"WE NEED TO SLOW  
*DOWN*  
IF WE'RE GOING TO KEEP  
*UP*  
WITH GOD".  
- PAM BLOSSER

1. **I purposely drove slower.** I admit to being a little heavy on the pedal sometimes so I thought driving slower might help my body and mind slow down. I'm not sure how this works, but it did seem to slow my pace by osmosis. If driving isn't what you do fast, pick something else and purpose to do it slower.
2. **I paused before I got out of my car and entered wherever I was going.** I took a few short moments and thought about what I was about to encounter. A public place of unknown people? I prayed they would see Jesus in me. A sweet friend? I thanked God for our friendship. Work? I prayed I would work as if working for the Lord. Before I walked through every door I had a little chat with God. I was calmer and more patient if the encounter didn't go as planned. **Do NOT forget to do this before you enter your home!**
3. **I paused to pray before every meal.** Not rote prayers blessing the food, although these are fine. No, real heart-to-hearts about anything that was on my mind. Side note: I eat six meals a day so this provided a lot of opportunities to pause and be with God!
4. **I wrote PAUSE on the top of my daily To-Do list.** Sounds like an oxymoron, but this kept *PAUSE* front and center. I was reminded of my goal multiple times throughout the day. I also purchased a cute bracelet with PAUSE inscribed on it from [My Intent](#).

[Click here](#) to read the blog post for the benefits gained from learning to pause.

