

Playing

Pack up bubbles, sidewalk chalk, a hula hoop or soccer ball and head to a local park. Roll in the grass, kick the ball with your bare feet, slide down slides and remember the joys of childhood. Was there something from your childhood that brought you joy that is missing in your life? Talk with God about it.

Goal: 2 hours.



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Resting

Take a nap. Gather a blanket and pillow and find grass to lay in at a local park, fall asleep reading a book in your favorite chair, cozy into your best PJ's and head to your bed. It doesn't matter how just find room to rest with God.

Goal: 1-3 hours.



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Coloring

Using an art medium you like or want to learn more about (I would choose pastels and a sketch book) read a passage of scripture and then draw, scrapbook, paint, or mold your interpretation of that passage. Do not be hard on yourself just enjoy the exploration with your hands and heart.

Goal: 1 hour.



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Reading

One day a week or once a month grab a book from your "waiting to read" pile and read it without interruption. Even if that means finding a way to go hide at a coffee shop or local book store. What did God teach you through words and story in that time?

Goal: 1 hour if weekly or 2-3 hours if monthly.



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