

Growing

Take a few dollars and head to a local nursery or farmers market. Just look, touch, smell, and wander. What is it that catches your eye? What do you want to keep going back to? Why does that scream YOU?? After much debate what MUST you buy? Get yourself a little treat.

Goal: 2 hours.



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Resting

Gather a handful of photos from across the span of your life. Spread them across a long table or on the floor and just look and touch each and every one. Remember the day they were taken. Was it a good day? Why? Was it a sad day? Why? Remember the people in the photos. Where are they now? Pray for them, call them to chat in the moment, or send them some snail mail. Remember with God how powerful people and places have been in your life.

Goal: 1 hour.



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Dancing

This one could be a family date. CRANK up the worship music and just spin, raise your hands, maybe get some flowy fabric out and let the kids run the house with it. Give the tensions in your body to God as you dance with Him.

Goal: 15-20 minutes.



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Serving

Does your church need help answering phones? Does a local food bank need some help stocking the shelves? Does the neighbor need to escape and have free babysitting for a few hours? Offer yourself as an act of service and watch how God meets you there.

Goal: 1-2 hours.



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