

A Checklist for Doing Nothing

“Be still, and know that I am God.” PS 46

- Slow Down
- Breathe deeply
- Breathe slowly
- Listen
- Read scripture aloud, dramatically
- Be curious with simple things
- Go for a slow walk
- Chew slowly
- Smile to myself
- Talk out loud to God
- Write my observations down
- Be kind to myself, by God’s grace
- Read slowly, repeat
- Notice something very small, observe it
- Sing a song to myself and God

Written by Vivianne David.

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