

A Thought for this Season of Lent . . . A time we focus on Jesus' journey to the cross

Our Lenten Confession:

We have had positive feedback about the truth of this confession of our lives. We print it here as many of you have asked for a copy to use at home. Also included is a simple spiritual practice to help us respond to what we confess.

We are running so fast, God, and we don't know how to slow down. We keep our calendars filled. We carry phones in our pockets and purses. We constantly check our voice mail, our email and stay connected by fax and internet. We are so busy and yet not satisfied. We are moving ever faster, but we never seem to catch up. We are stressed out and have shut you out. Forgive us for not taking time to be with you, for ignoring your message of peace and your invitation to walk beside still waters. Speak to us again of your care for the birds of the air, the lilies of the field, and the little children at play. Calm our anxious hearts and spinning minds. Restore our balance, lighten our drivenness, and give us the will to create space in our lives for you. In Jesus' name. Amen.

There are some simple spiritual practices that can help us as we seek to turn from what we have admitted in our Lenten confession. One of these practices is called "**slowing.**"

"**Slowing**" is a way to overcome inner hurriedness and develop living in the present moment. Its purpose is to help free us from two of the "slaveries of our culture" which are

- 1) to the clock, and
- 2) measuring our lives by what we do.

Some simple ways to slow are:

1. Look people in the eyes when talking to them, i.e. friends, spouse, children, co-workers, clerks at stores (think of how often we are doing a task and carrying on a conversation at the same time).
2. Chew slowly, instead of gulping.
3. Plan buffer time between activities/meetings. Perhaps even begin a meeting with a moment for people to be still, collect their thoughts, relax before going ahead.
4. Read more slowly, for transformation, not just information.
5. Ask God to make you present in the moment, not always thinking "what am I doing next?"
6. At the end of the day, ask yourself: When have you felt closest to God, and when have you felt furthest from God? How is God inviting you to talk with him about these moments, knowing his love and presence is with you as you end the day?