

Daily Pauses

- Like the Kalahari bushmen, in our fast-paced culture we need to take time to rest and let our souls catch up with us.
- Look for written materials such as daily devotional books or online resources for “mini-retreats” to use during the day. Many online resources even offer phone apps to more easily access the daily reflections.
- Some online “mini-retreat” sites include
 - Loyola Press – daily 3-minute retreat that includes calming music and images, and a guided reflection on a psalm.
<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>
 - “Pray as You Go” – a daily 10-minute retreat that includes music, scripture readings, and guided reflection. <https://pray-as-you-go.org>
 - “The Upper Room” (UMC spiritual formation ministry) – a guided *lectio divina* that takes about 10 minutes, but you can set your own pace.
<https://www.upperroom.org/resources/audio-lectio>
 - “Sacred Space” – a daily 10-minute interactive guided meditation
<http://sacredspace.ie>
 - “First15” – a daily 15-minute podcast including scripture, reflection, prayer, and music. <https://www.first15.org>
 - Methodist Prayer – prayers and scripture readings for morning, midday, evening, and night prayer. <http://www.methodistprayer.org>
 - The Book of Common Prayer – daily prayers, psalms, and hymns. You can choose to either do morning and evening prayer, or the “hourly offices” (7 pauses throughout the day). <http://www.commonprayer.org/offices.cfm>
 - The Brotherhood of St. Gregory Daily Office – scripture and prayers for morning, noon, evening and night prayers. <https://gregorians.org/office>
 - “Common Prayer – A Liturgy for Ordinary Radicals” – Ecumenical prayers for every morning, midday, and evening that engage with the most pressing issues of our world today. <http://commonprayer.net>
- Suggestions
 - Stick to a regular schedule; be consistent.
 - If possible, find a quiet, comfortable place to read or listen, and reflect. Yet, even pausing at your work desk or listening in the car can help you hit your “spiritual reset button”..
 - After your mini-retreat, spend a few moments simply resting with God before returning to your activities.