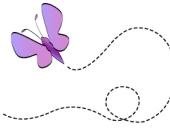


25 Quick Moments of Peace



We're always looking for big messages; we don't need big messages. We just need these tiny little moments, these little things that touch our hearts and souls, and let us know that we're really alive to the Gospel message that's in front of us. Sr. Anne Smollin

1. Find a bible verse such as, "I will give you rest" (Matthew 11:28). Repeat throughout day.
2. Set a timer for 60 seconds of silence.
3. Look away from computer and spend ten seconds praying for co-workers.
4. Text a friend with encouragement and prayers.
5. Create a prayer box for prayer intentions.
6. Turn off radio in the car and allow for quiet time.
7. While in conversation, make effort to listen and hold the others' words in prayer.
8. Stop, notice, and appreciate small details around you.
9. Go to church in the middle of the day for five minutes of quiet prayer time.
10. Initiate one minute of silence for your family once a week.
11. Set the timer for an electronics time-out at home.
12. Light a candle and listen to peaceful music while in the kitchen.
13. Find a prayer partner and exchange an encouraging email each week.
14. Designate waiting times (in the car, at the store) as prayer time.
15. Set phone alarm the same time everyday to remember to say a prayer of thanks to God.
16. Bring headphones to work and listen to one uplifting song during a break.
17. Find a check-in partner at work for a quick self-awareness exchange.
18. Take 10 deep breaths. Inhale "Be Still". Exhale "And Know I Am God" Psalm 46:10)
19. Collect beautiful pictures on computer for uplifting visual break.
20. Find a daily landmark (such as a stop sign). Use as reminder to be present to God.
21. When you walk by a garbage can visualize tossing your worries and giving up to God.
22. Keep a notepad for letting go rituals: Write down issues, tear it up, and pray for release.
23. Take a virtual walk in your mind to a place of comfort and peace.
24. Keep a gratitude journal.
25. Create a visual reminder on your desk or counter to check in with God.