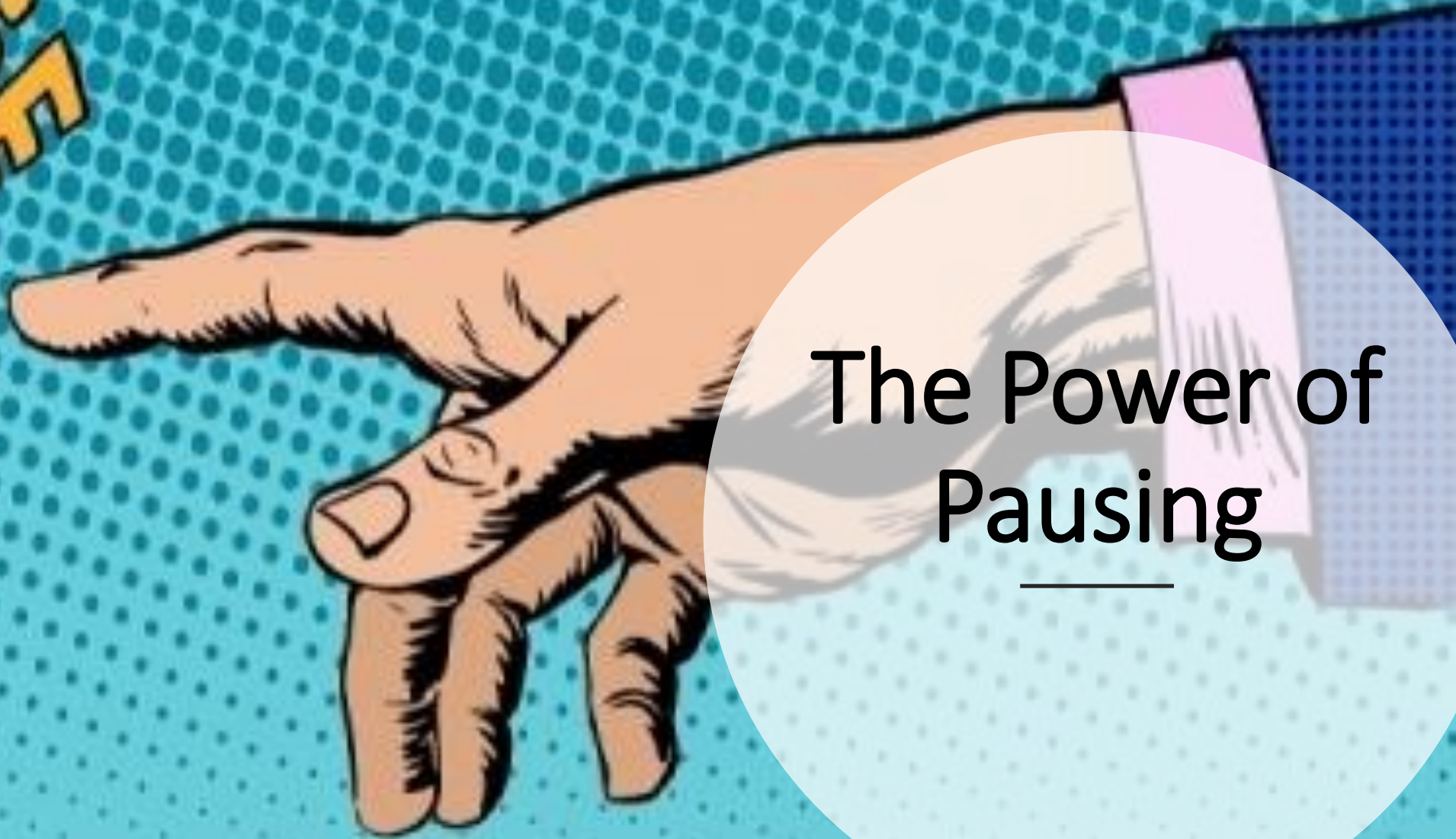


PAUSE



The Power of
Pausing

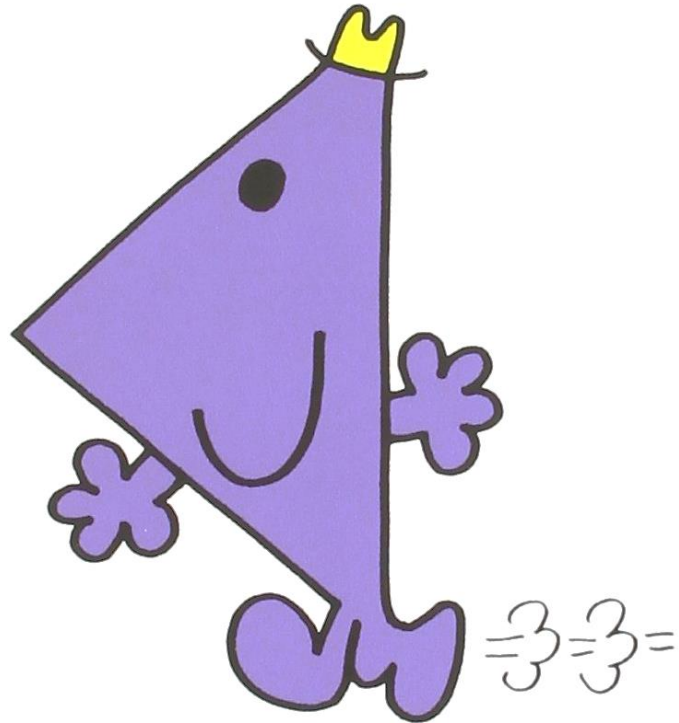
A person stands in silhouette on a long wooden pier that extends into a calm body of water. The sky is filled with dramatic, layered clouds, with a warm orange and yellow glow from the setting sun breaking through near the horizon. The water reflects the colors of the sky. The overall mood is peaceful and contemplative.

Be still before the Lord and wait patiently for Him.

- PSALM 37:7

MR. RUSH

By Roger Hargreaves



LITTLE MISS QUICK

By Roger Hargreaves



[EXPANDED EDITION]

THE
LIFE
YOU'VE
ALWAYS
WANTED

spiritual disciplines
for ordinary people

JOHN ORTBERG

‘You must ruthlessly eliminate hurry from your life’

‘Hurry keeps us consumed by “the cares and riches and pleasures of life” as Jesus put it, and prevents His way from taking root in our hearts.’

Then because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'

So they went away by themselves ...to a solitary place. *Mark 6: 31,32*



Press Pause.... Daily

- First thing in the morning
- Travelling
- At the end of the day

The Examen prayer...

Reflect – on the events of the day

Rejoice – for the good stuff

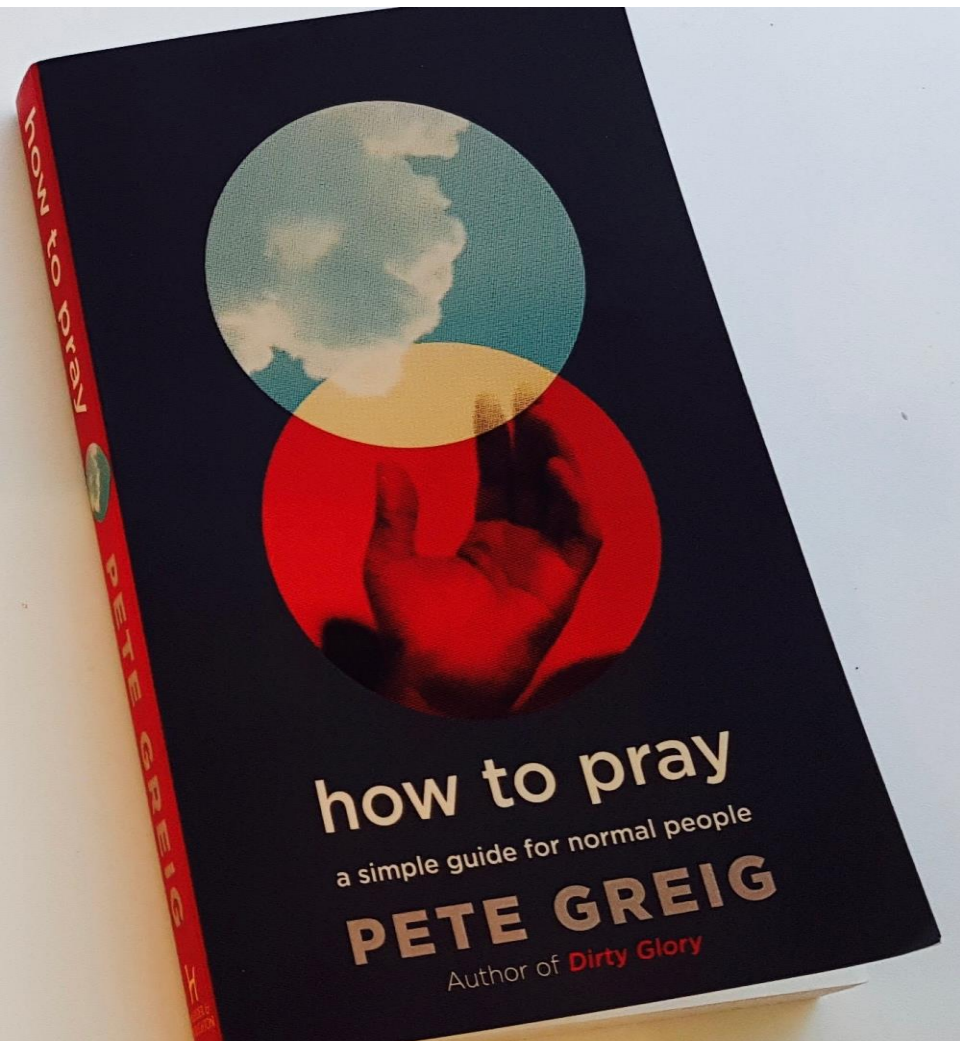
Repent – of the bad stuff

Reboot - for the next day

Press Pause... Monthly



- **Prepare your mind**
- **Meditate on Scripture...what stands out?**
- **Reflect: What is God saying?**
- **Eat....**
- **Set some goals: write them down.**
- **Identify Actions to move you forward**
- **Ask God's help to do them.**



'I cannot emphasise too strongly how important it is for your spiritual, mental and physical wellbeing that you learn to silence the world's relentless chatter for a few minutes each day, to become still in the depths of your soul. You must seek solitude and silence as if your life depends on it, because in a way it does.'

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