September

meaningful moments

for a slower, more enjoyable life

1. Write out an encouraging Bible verse and mail it as a little surprise to a friend. Date

2. Start your day with an early morning walk outside. No music, no phone, just you paying attention to nature, taking in the sights and sounds around you. _____

3. Think of a food you have never tried before. Find a simple recipe for it online and make it at home as a special treat. _____

4. Spend time in prayer with God, focusing on His heart. Imagine what brings Him joy and what is causing His heart to ache right now. _____

5. In the middle of a busy day, step outside for ten minutes. Notice five things you can hear and five things you can see in God's creation around you. _____

6. Go through your closet and fill a box with items you no longer need. Drop it off at a donation center of your choice, and enjoy the lighter feeling of less clutter, knowing someone else will benefit. _____

7. Learn a new word and have fun sneaking it into a conversation. _____

8. Take your supper plate outside, sit on the steps or the ground, and watch the sunset as you enjoy your evening meal. _____

9. Look up a silly joke and tell it to a friend today. _____

10. Collect something from outside, a leaf, a rock, an acorn, and set it where you will see it as you go about your week. _____

11. Write down one thing you are grateful for in each of these categories: a person in your life, a daily ritual, and a talent or unique quality about yourself that you enjoy._____

12. Ask someone older than you what advice they would like to have received when they were younger._____

13. Cook and deliver a meal to someone._____

14. Recommit to Sabbath. Set aside some time to plan and prepare for the day, and pick up a little treat for yourself to enjoy on your day of rest._____

15. Fill your home with the scent of fall. Light a fall candle, simmer orange and apple peels on the stove for homemade potpourri, or brew your favorite seasonal tea._____

16. Tape a thank you note to your door for the delivery driver who faithfully brings your packages._____

17. Write out your favorite psalm by hand and put it on your fridge._____

18. Find a bench or a patch of grass and take twenty minutes to sit outside and pay attention to the natural world around you, a busy little world all its own that we usually walk right past._____

19. Take time this week to do something you loved as a kid: eat an ice cream cone, color a picture, work a jigsaw puzzle, ride a bike, whatever brings that feeling back._____

20. Write down three ways you have made the world a little brighter this month. (See numbers 1, 6, 12, 13, 16)_____

So teach us to number our days that we may get a heart of wisdom.
Psalm 90:12

SEEKING SCRIPTURE