

the three pauses ...

March 14–March 27

during the season of Lent

Fasting from noise and media

For this fast, schedule an hour each day that will be free of any screens or background noise. Use the time for personal solitude, seeking God, or conversation with friends and family.

● intimacy

God I want to know you.

Will you reveal yourself more deeply to me?

Pause to start your day.

Let the Psalmists words lead you into a place of quiet.

*Let all that I am wait quietly before God,
for my hope is in him.*

*He alone is my rock and my salvation,
my fortress where I will not be shaken.*

Psalm 62:5-6

●● incarnational

Jesus, I want others to know you.

Will you shine through me so those around me are drawn to you?

In the middle of your day, take a short pause from your normal activities to notice how God shines through you. As you pause in the Presence, pray a blessing of peace and quiet over those around you.

●●● intercession

Jesus, I have personal longings and concerns.

Will you hear my heart and respond to my requests?

Towards the end of your day, take a short pause to be quiet in God's Presence. Use phrases from Psalm 62 as breath prayers (see pause 1).