

# MULTI-TASKING IS NOT A VIRTUE

Can you relate to rushing, pushing, and maximizing every moment? Where are you feeling stressed or stretched thin?

How does the prospect of spending ten minutes in your “garden” with Jesus sound? Pay attention to the movements and desires of your soul.

Which of these three tips for slowing down and relating to Jesus attracts you and why: take ten minutes, go outside, do nothing?

When and how will you take up the invitation to live your life with Jesus through daily rest?