



BeStill

BeSpace activities to bring a sense of peace and calm to your life...

Christians believe that God created us to rest as well as work and play. We need to rest, but we also need to rest in the presence of God, with the Holy Spirit. When you do any of the following activities feel completely free to take time to rest in God's presence or just enjoy a few minutes of rest and relaxation.

1. Sitting still:

Can you sit still for two minutes or longer? Find a quiet space and sit down comfortably. Set a timer for two minutes and see if you can sit still until the timer goes off. Can you do it for longer? While you are sitting still you could ask God to help you to feel peaceful and calm or you can reflect on how to make a regular time in your week to spend a few minutes being quiet and still.

2. Sleeping Lions:

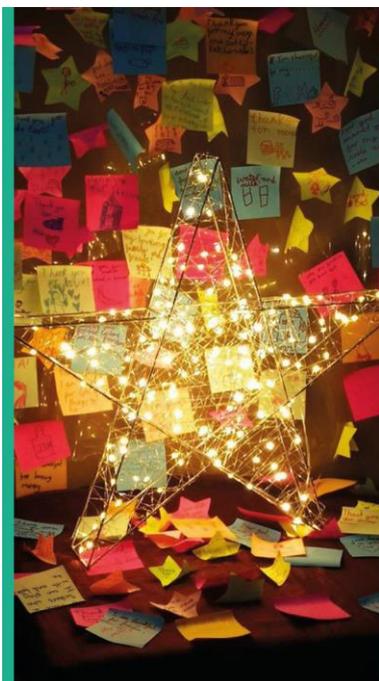
Play a game of sleeping lions. While you are being a lion, lying as still as possible, enjoy the time of being quiet and reflect on all good things that have happened in the day. You could say a "Thank you" prayer.

3. Deep breathing:

Deep breathing can help us to take time out from a busy day of work. Sit down and make yourself comfortable in a quiet space. Breathe in through your nose. Hold your breath gently before breathing out again through your mouth. You can do this a few times to relax. When you feel ready and want to, breathe in again and hold your breath for a couple of seconds. Then let out your breath. As you breathe out, imagine your worries and fears being released at the same time. Do this until you feel calm and peaceful.

4. Candle light:

Light a candle and sit quietly while you watch the flame flicker. As you gaze at the candle, think about the flame and the light that it gives. Think about how you can bring light to people's lives today.



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"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your heart be troubled and do not be afraid."

John 14:27 (NIV)



Print and cut out your BeStill Card to take away...