



## Power of the Pause...

“Time may have become the most precious commodity in the land.” Louis Harris

The average amount of “down time” or leisure time has shrunk over 40% since 1973 and the average work week has increased from 41 to 57 hours and for many out there 57 hours is a calm week.

Why does our typical day in the life of a woman look different now than in the “prairie days”? \_\_\_\_\_

What were the benefits of this life? \_\_\_\_\_

What advancements in this day and age that help the “keeper of the home”? \_\_\_\_\_

Why is it that more technology has not given us more “down time”? \_\_\_\_\_

Who is in charge of our schedule? \_\_\_\_\_

Do we allow God into our schedule planning? \_\_\_\_\_

“I’ve got so many irons in the fire, I can’t keep any of them hot.” (said many people) Does this sound familiar?

In music there is a very important note... or instruction... the zigzagged command called the “rest”.. a command to do nothing.... Nothing!! A 10 yo piano student asked his teacher,

“ Why sit at the piano and do nothing when I can pound?” The teacher replied... “ Because music is always sweeter after a rest.” What does that mean? \_\_\_\_\_

Psalm 46 is a psalm of refuge... reminding us that God is our protector and our strength. God says in Psalm 46:10

“Be still and know that I am God. I will supreme over all the nations; I will be supreme in the earth.”

“Be Still” means “get quiet and sit tight”. Sometimes we fill our days with activity, but make little progress.

Explain \_\_\_\_\_

When is the last time you sat still in total quiet ? \_\_\_\_\_

**Quiet time focus:**

God’s power and majesty

God’s protection

God’s love

God’s direction

**Quiet time reflection:**

Was it difficult to be still and still our mind?

How did you feel before and after?