# PAUSE, PONDER, PRAY, PRAISE

## **PAUSE**

Pause your activity and sit quietly for a moment.

## **PONDER**

What do you notice in your surroundings? What do you see, feel, touch, hear, taste?

## **PRAY**

Pray about what you noticed and invite God in.

#### **PRAISE**

Praise Him for this moment and the gift of your life.

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