

30-Day Good Life Challenge

We double-dog dare you.

Small practices like these can help us be more present to ourselves, to others and to God. Over time, they help groove new patterns into our lives, opening us up to God and bringing more peace and joy. Practice two things on this list each day for 30 days. Be intentional and stick with it, trusting that God will work in you.

At one meal, put your fork down between each bite and *taste* the food.
[PRACTICE: SLOWING DOWN]

For an entire trip or commute, drive in the slow lane at the speed limit.
[PRACTICE: SLOWING DOWN]

Turn off the radio or any other distractions in your car, and notice what's around you.
[PRACTICE: SLOWING DOWN, SIMPLICITY]

Turn off all electronics for an hour.
[PRACTICE: SLOWING DOWN, SIMPLICITY]

Don't visit your Facebook page for an entire day.
[PRACTICE: SLOWING DOWN, SIMPLICITY]

Only check email twice per day.
[PRACTICE: SLOWING DOWN, SIMPLICITY]

When you're having a conversation, fully listen. If you catch yourself thinking about what you want to say next, focus again on listening.
[PRACTICE: SLOWING DOWN, SPIRITUAL FRIENDSHIP]

Close your eyes and pay attention to your breathing for five minutes.
[PRACTICE: SLOWING DOWN, SOLITUDE, SIMPLICITY]

Take a walk with your friend, spouse, pet, or by yourself.
[PRACTICE: SLOWING DOWN, SOLITUDE, SIMPLICITY]

Be silent for five minutes and simply be open to God's presence.
[PRACTICE: SLOWING DOWN, SOLITUDE, SIMPLICITY]

Meet with a family member or friend and talk about something on your heart ... or theirs.
[PRACTICE: SPIRITUAL FRIENDSHIP]

Call somebody to congratulate or celebrate something with them.
[PRACTICE: CELEBRATION]

Sit on your porch, patio, or anywhere by yourself for five minutes.
[PRACTICE: SLOWING DOWN, SOLITUDE, SIMPLICITY]

Begin a meeting or a meal by celebrating the successes of those present.
[PRACTICE: CELEBRATION]

Write someone a personal note or card.
[PRACTICE: SPIRITUAL FRIENDSHIP]

Say "no" to adding something new to your schedule.
[PRACTICE: SLOWING DOWN, SIMPLICITY]

Before a meal, say a family prayer in which each person gives thanks for something specific. Write them down.
[PRACTICE: SLOWING DOWN, SIMPLICITY, CELEBRATION]

Spend three minutes in silent prayer, simply bringing a few people to mind and holding them in your thoughts.
[PRACTICE: SLOWING DOWN, SOLITUDE, SPIRITUAL FRIENDSHIP]

Do you have an idea for a spiritual practice that might work for you?

Are these practices only about learning to live in the moment?
Or can they lead us to something even bigger? As you go through this list,
ask yourself how these practices can drive you into the heart of God.