

# Be Still

## Practice Mindfulness and Visio Divina

### Sitting Still Like a Frog Breathing

Watch the video that is linked in the 3 Ways email. Choose someone in your family to lead everyone. The leader should use a calm voice, speak slowly, and allow space between each step below. Most children can be still and focus for at least one minute for each step. Consider increasing the time for each step, or overall time each day.

Keep breathing while you focus on the image

1. Gather in a comfortable place.
2. Quiet down by taking three deep breaths, in and out.
3. Gaze prayerfully on the image.
4. Notice details like color, shapes, light, expressions.
5. See what part of the picture draws you and rest your attention there.
6. Notice your feelings and ask God to speak to you through the picture.
7. Share your thoughts and feelings with God.
8. Enjoy resting in God for a few moments.