



SPOKANE COUNTY  
CHAPLAINCY  
SERVICES



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SLOW DOWN, SIT, STAY

We are in the *Dog Days of Summer*, as you might say, and I for one and grateful! Though I was reminded the other day of just how busy I can get, and every once in a while, the need to just slow down. Last week as I was trying to get my son to a Dentist appointment I found myself multitasking and in a rush as usual. He stopped and was bent down watching an ant carrying a crumb. "Come on dude" I said, His response: "I just want to watch this bug for a second." Two things caught me about this statement:

1. He really just wanted to watch it for a second, ok maybe 5 seconds, (if you have children, you know there is a difference) but it made absolutely no noticeable delay whatsoever in what time we would arrive at the Dentist, and
2. He found great joy in

this small, seemingly insignificant, moment. In fact, we learned that this ant had an entire home in a crack in our street. In the words of my son: "There's a whole world down there!"

In today's world we are busier than ever. On top of our full time jobs, and our families, we have endless ways to remain plugged in with all the electronic devices and social media sites etc. It can be hard sometimes to just slow down, sit still and enjoy the moment. Psalm 118:24 says "This is the day that the Lord has made, I will rejoice and be glad in it." I am not sure why it is that some of us feel guilty or unfulfilled if we are not busy all the time. It's important to realize that not everything needs to be done—at least not done *right now*. It may be more important to sit back with a tall glass of iced tea and, perhaps, watch the bugs.

And, it can't go unnoticed that God Himself rested after six days of assembling the universe. It says in Genesis 2:3 "God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done." God, knowing that time to kick back was important for the people He created, instituted the seventh day as Holy so that we would get the point that no one can work without a break along the way.

I hope this summer you find the time to slow down, sit still and just enjoy doing nothing.

~Teresa Smith

