

Baker's Dozen

Quiet at Day's End

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The responsibilities and demands of daily life can leave us feeling washed out by the end of the day. Then there are the edgy emotions we experience every day that tap our strength and leave us feeling frayed and spent. All we want to do is sit in front of a TV or grab a device and escape from it all for a while! But, the best thing we can do at the end of a busy day, or in the midst of chaotic emotions is to go within – to the place where God dwells. There, in that place, we can find our emotions calmed, our weariness eased, and our spirit energized. In the silence and solitude of our own being, we can find the true 'rest' that comes from God alone.

You have spent time 'looking well within.' This Baker's Dozen is designed to help you continue that process. Below you will find 13 tips for bringing yourself into that space of quiet at day's end so that you are filled and readied for the rest of sleep and prepared for the sharing your soul's energy in the coming day.

Day 1

Go to a quiet place in your home or outside in nature and listen for 5 minutes to the silence around you.

Day 2

Read Psalm 63:1-8 very slowly and notice how your soul seeks God.

Day 3

Finish this sentence in your journal: I am most peaceful when...

Day 4

Go outside, crane your neck to the sky and focus on one star giving thanks to God for diamonds in the sky.

Day 5

Write a prayer of gratitude in your journal, and pray it before you go to sleep.

Day 6

Read John 14:15-21 and notice what feelings rise in you when you think of God's presence being always with you.

Day 7

Sit in a quiet place and ask yourself when you have been aware of God's presence this day.

Day 8

Consider in silence one good memory from today and write it in your journal giving thanks to God as you write.

Day 9

Ring a bell and listen to its tone until the tone is completely gone and the room is silent again.

Day 10

Make a ritual of turning off your devices, then sit for 5 minutes being aware of the beat of your heart.

Day 11

Sip a glass of cool water and follow the movement of the water all through your body.

Day 12

Breathe mindfully for 3 minutes.

Day 13

Open your heart to God and feel the warmth of God's love in return.