

Making Silence

- Arrange yourselves comfortably on a chair or the floor.
- "Make silence" by sitting quietly for one minute and see what you can really hear
 - (for little ones, try gathering them into the moment with a "repeat after me" activity like making a pattern of three beats or claps that they repeat; then once they are settled, draw their attention to a specific sound to listen for, like the rain, the wind, etc. - possibly start with only 30 seconds).
 - If this goes well, continue on with the following longer challenge. If this is already challenging for you or your family, consider practicing this throughout the week and growing toward the next step.
- Once sitting silently is doable, play the "Silence Game" with timers of varying lengths:
 - Cut out the time slips and images included in the packet
 - Choose a person who will be the time keeper. Her or she will:
 - Choose a time length from the slips
 - Choose an image from the set
 - Read the passage on the back of the image
 - Start the timer and whisper when to start, watch the time, and whisper when to end. Whisper as quietly as possible in order to encourage silence.
 - When the time keeper says start, "make silence" for the whole length of the timer. Instead of just listening with your ears to the sounds around you, now listen with your heart to what God might have to say to you. Use the image as a focal point to keep your mind from wandering.
 - When the time is up, invite each person to share one thing they noticed or thought about.
 - Then, select a new time keeper and try again. Consider rotating and using one image/timer each day together over the next week, rather than completing them all in one day.