



Ignite Week Day 2 - Tuesday

God, Slow Me Down



“Be still, and know that I am God.” — Psalm 46:10

Hurry has a way of taking over our lives. There is always somewhere to go, something to finish, someone who needs an answer, or another thing demanding our attention. Even when our bodies stop moving, our minds may keep racing.

But Jesus never seemed hurried. He lived with enormous demands around Him, yet He made time to withdraw and pray. He rested. He listened. He stopped for people others passed by. He was interruptible. He lived at the pace of His Father rather than the pace of the crowd.

God’s invitation to “be still” is more than an invitation to move more slowly. It is an invitation to release our grip—to stop striving long enough to remember who God is and who we are.

Slowing down creates space to notice God’s presence. It helps us recognize what is happening inside us, see the people in front of us, and become more attentive to what Jesus is doing around us.

Today, resist the urge to rush through this time with God. You don't have to accomplish anything. Simply become present to the One who is already and always present with you.

READ

Read **Psalm 46** slowly. Don’t rush to understand everything. Pay attention to the images, words, or phrases that draw your attention.

Read it again, even more slowly. *What word or phrase invites you to linger?* Sit with it for a moment. *Why might it be catching your attention today?*

Then read verse 10 again, pausing after each phrase: “Be still, and know that I am God.”

What might God be inviting me to release, remember, or simply rest in?

ASK

Pray: Jesus, I bring You everything that is rushing through my mind and everything I feel pressure to accomplish. Quiet the hurry within me. Help me to be still and release what I am trying to control and become fully present to You.

Jesus, slow me down. Teach me to live at Your pace. Amen.

LISTEN

Sit quietly with God for several minutes. Breathe slowly. Relax your hands. Let your body become still. Don't try to accomplish anything during these few minutes. When your mind races toward what comes next, gently return your attention to God. Allow Him to show you: *What you are rushing through right now. What you might notice if you slowed down. Where He is inviting you to release control and trust Him.*

RESPOND

Choose one intentional way to slow down today—put away your phone for a period of time, take a slow walk, eat without multitasking, give someone your full attention, or leave some margin between activities.

What will you do differently today because Jesus is inviting you to slow down? Write it in your journal.

Jesus, help me resist the pull of hurry and stay present to You and the people around me today. Amen.