

How to Un-Hurry Vacation Slow Down

Summer often brings a change in schedule, including time away from home and work for vacation. How might you use your time away this summer to resist hurry and slow down?

Rest

As you plan your time off, ask is there time set aside for rest? Can you plan some space during your trip that allows you to sleep in, play in an unhurried or unstructured way, or have a leisurely meal? Consider planning time before or after you travel to let yourself catch up on rest and prepare for jumping back into your regular schedule.

Technology

Make a plan for how you (and those you're vacationing with) will use technology. Could you reserve some windows of time for checking your phone or email, using technology less, so you can be more fully-present? Choose a book (or audiobook) to read together as a group. Try to have fun and take in experiences without having to document or share them on social media.

Gratitude

At the end of each day, make a list of all the specific things you are grateful for. You could do this on your own or as a group (with your friends or family). At the conclusion of the trip, read through them all together. You could pair this activity with the evening meal. If you want to spend some time reflecting on your own, take some time to sit and become aware of God's presence with you. Ask God to help you think back through the trip. When were the times you were most aware of God's presence and goodness? When were the times when you felt disconnected from God and his way? Talk to him honestly about what you notice.