



DAY ONE:

read **Luke 1:11-17**

John the Baptist was the opening act for Jesus. He was set apart to make ready a people prepared for the Lord. That's a pretty daunting task! As moms and as parents we have the same big job...make ready our children. Some days, it may seem like the best way to do that is to be busy doing, running the kids to play groups, sports....just keeping them busy. But most days, learning the sacred art of sitting helps prepare them better because it also gives their souls time to take a break and catch their breath. Practice the sacred art of sitting today by spending 5 minutes sitting somewhere that brings you peace. I have a swing on a tree in my front yard I like to sit on. Pick a place you love being.

DAY TWO:

read **Mark 1:1-8**

John the Baptist lived big! Although he knew, at some point, he was going to have to become less so Jesus could become greater, he was making a pretty big impact at this particular time. It says that the whole Judean countryside and all of the people of Jerusalem went out to John, confessed their sin, and was baptized by him. When our children are younger, we are pretty big in their lives as their mom; most decisions are made by us. But as they grow up, we have to let go a little more each day so they can grow and change into the people God created them to be. Some days it is very difficult to let our children do just that, but we can learn to do this best by learning the sacred art of sitting. Today, either go to the place you went yesterday, or find a new place that brings you joy, peace and comfort. Sit for 10 minutes either saying out loud, or listing on paper, things that you are learning to let go of so your children can grow into the people God created them to be.

DAY THREE:

read **John 3:22-30**

Jesus began baptizing at the same time John and his disciples were. John's disciples began to worry about how many people were following Jesus and not John. John's response to them was, "He must become greater; I must become less." What area of your life as a mom needs to allow Jesus to become greater and you become less? Spend 15 minutes in a place that brings you peace and little to no interruptions. Either say out loud, or list on paper, things that you are learning to let go of so your children can see more of God and less of you.

DAY FOUR:

read **John 3:25-30**

"We are starved for mystery, to know this God as One who is totally other and to experience reverence in his presence. We are starved for intimacy, to see and feel and know God in the very cells of our being. We are starved for rest, to know God beyond what we can do for Him. We are starved for quiet, to hear the sound of sheer silence, that is the presence of God himself." (Ruth Haley Barton) Allow your starving soul the quiet and the rest it needs today so you can love your children in a way you have been unable to before.

DAY FIVE:

read **Matthew 11:1-15**

John was sitting in prison feeling small, lonely, and tired. He told his disciples to go and ask Jesus, "Are you the one who was to come, or should we expect someone else?" This question from John is a relational question vs. a theological one. Jesus' answer to John's question was a bench for John's soul and it has become a bench for our soul also. The words Jesus spoke let John know He loves him. He wanted John to know he wasn't forgotten--even in his smallness; the time he felt most alone. He reminded John that his life is a life of faith and trust. Maybe the bench you're sitting on right now feels like you've been parked there for awhile. Maybe it feels less like a season and more like a lifestyle. Sit somewhere for 15 minutes today and write down at least 5 ways Jesus' words to John have impacted you; how they have reminded you of Jesus' love for you.

When Jesus found out about John the Baptist's death, He withdrew to a solitary place (Matthew 14:13). I encourage you that as you look into next week, you are setting aside a few minutes to rest your soul in a quiet place so it can speak to you; so Jesus can speak to you.