

The One-Minute Pause



TAKE SIXTY SECONDS TO BE STILL AND LET EVERYTHING GO.

As I enter the pause, I begin with release. I let it all go—the meetings, what I know is coming next, the fact I’m totally behind on everything, all of it. I simply let it go. I pray, Jesus—I **give everyone and everything to you**. I keep repeating it until I feel like I’m actually releasing and detaching.

I GIVE EVERYONE AND EVERYTHING TO YOU, GOD.

All I’m trying to accomplish right now is a little bit of soul-space. I’m not trying to fix anything or figure anything out. I’m not trying to release everything perfectly or permanently. That takes a level of maturity most of us haven’t found. But I can let it go for sixty seconds. (That’s the brilliance of the pause—all we are asking ourselves to do is let go for sixty seconds.) And as I do, even as I say it out loud—I **give everyone and everything to you**—my soul cooperates a good bit.

I’m settling down. I even sigh, that good sigh.

Then I ask for more of God: Jesus—I **need more of You; fill me with more of You, God. Restore our union; fill me with Your life.**

YOU’LL BE SURPRISED WHAT A MINUTE CAN DO FOR YOU.

Even more so as you get practiced at it. Honestly, you can do this pause nearly anytime, anywhere—in your car, on the train, after you get off your phone. I know it seems small, but we have to start somewhere. This pause is accessible; it’s doable.

As David wrote in Psalm 131:2, *“I have calmed and quieted myself.”* Or,

“I’ve cultivated a quiet heart.”

I wonder how many people in your office, your gym, your daily commute, could say they’ve cultivated a quiet heart? What we assume is a normal lifestyle is absolute insanity to the God-given nature of our heart and soul. Broad is the path that leads to destruction and many there are who travel it.

Nonetheless, this is the world we live in, raise our kids in, navigate our careers in, and so we need to find things that are simple and accessible to begin to take back our souls. The One-Minute Pause is within reach. The practice itself is wonderful, and it opens space in your soul for God to meet you there.

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SCRIPTURE CARDS

"But I have **calmed and quieted** myself;
I am like a weaned child with its mother;
like a weaned child **I am content.**"

PSALM 131:2

"Cast your cares on the LORD
and **He will sustain you**;
He will never let
the righteous be shaken."

PSALM 55:22

"**Do not be anxious** about anything, but in every
situation, by prayer and petition, with thanksgiving,
present your requests to God. And **the peace of
God**, which transcends all understanding, will
guard your hearts and your minds in Christ Jesus."

PHILIPPIANS 4:6-7

"Cast all your anxiety on him
because **he cares for you.**"

1 PETER 5:7

"Come to me, all you who are weary and burdened,
and **I will give you rest**. Take my yoke upon you
and learn from me, for I am gentle and humble in
heart, and **you will find rest for your souls**.
For my yoke is easy and my burden is light."

MATTHEW 11:28-30

"**Trust in the LORD** with all your heart
and lean not on your own understanding;
in all your ways **submit to Him**,
and He will make your paths straight."

PROVERBS 3:5-6

"Who of you by worrying can add a single
hour to your life? Since you cannot do this
very little thing, **why do you worry**
about the rest?"

LUKE 12:25-26

"**Be still** before the LORD and
wait patiently for him; do not fret
when people succeed in their ways, when
they carry out their wicked schemes."

PSALM 37:7



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*"I've developed an app to help you practice the
Pause. It's the beginning of a new way of living.*

Your soul is going to thank you."

John



Click the appropriate link above to download the app onto your mobile device.