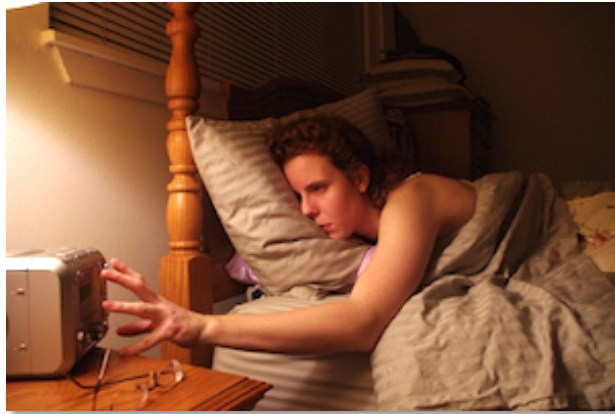


One Snooze Less

By Erin Marie Gibbons



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Is five minutes enough time to connect with God? Absolutely! This week, press the snooze button one less time and use those minutes to feed your spiritual life.

For
Young Adult

Season

Fall

Activity Plan

1. How many times do you hit the snooze button every morning? Those extra few minutes of sleep are almost always worth it. But you've probably also experienced that day when you snooze one too many times and then have to rush to shower and get out the door for work or class. On days like that, it might be lunch or even evening before you even remember that God is with you always. This week, intentionally snooze one less time and use those few minutes to connect with God.
2. In the morning, get up one snooze earlier than you normally would. Stand and stretch with your palms toward the ceiling and say: *Thank you, God, for this body.*
3. Reach down, touch your toes, and say: *Thank you, God, for keeping me grounded.*
4. Do three lunges on each side, each time saying: *Thank you, God, for giving me strength.*
5. Stretch your facial muscles and say: *Thank you, God, for the smile I will share with others.*
6. Stand at the window and say: *Thank you, God, for this day.*
7. Continue this ritual every morning for a week. You may want to add your own moves and prayer sentences. Be aware of how this morning routine changes the way you approach your day.

