

TOO BUSY TO READ THIS? Here's what to do

PRIORITIZE

Where your treasure is, there your heart will be also. Lk.12:34

What really matters to your family? Do your calendar and expenditures really align with your values? Have this conversation as a family to examine if all are feeling safe, joyous, loved, and relaxed in time together ... and ask whether or not there is enough time together. Ask each person in your family to name one thing they can do individually to live your family priorities. Ask all to decide on one thing the family can do to live your values.

Where is God in your life? Where is your faith family? How do you love God back in service to God's world?

ELEVATE RELATIONSHIPS

And the Word became flesh and lived among us. John 1:14

God made relationships the top priority when God send Jesus, to be here, to be fully present with us.

Look at each of the people in your life and see a child of God. Make time together a top priority. Be fully present. The number one source of sadness for children, ages 4-18, is that parents look at their smart phones more than at them! Listen to your child with everything you've got - your ears, your eyes, and your heart.

Have everyone pitch in to do the tasks that need to be done. Be a community, in which all are essential participants, and in which all enjoy the benefits of time together.

LIMIT COMMITMENTS

"Martha, Martha, you are worried and distracted by many things." Luke 10:41

Make a list of all of the things your family does and is committed to do. Decide what things you absolutely cherish, that make your life feel abundant. Limit each of you to a smaller number of commitments. Teach your kids to say "no," modeling doing that yourself. Trust me, less is more. Sabbath time is one of God's commandments. Take time to rest in God.

DEBUNK THE MYTH OF EFFECTIVE MULTI-TASKING

Be still and know that I am God. Psalm 46:10

I thought I was really good, efficient, and effective at multi-tasking ... only to read the research that deflated my smug bubble. In fact, we decrease accomplishments and increase anxiety by multi-tasking.

The Book of Tao says, "Surrender to the luxury of just one thing." Luxury, indeed. And for me, it meant a serious surrender. For one week, try doing just one thing at a time. Turn off multiple screens. Turn off all of the sources of background or foreground noise. Focus. Be fully present with each precious person in your household. I promise, it will be so much easier.

CELEBRATE

... the people, the places, the opportunities, the good things that are already yours. Give thanks to God!