

# Ideas for Nurturing a Love for Stillness

Quite simply: In the stillness, God speaks.

In the stillness, He will whisper to your child of their potential and worth.

He will identify dangers, and prompt them to do good.

He will give them ideas, and point to happy roads. Nurturing a love for stillness is really helping our children open a conduit to Divine help.

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## Model the Seeking of Stillness

Point out snowflakes.  
Nature. Sunsets. Leaves.  
Watch a lightning storm  
together.

Let them see you  
seeking stillness.

## Let them Be Bored

Boredom is super  
uncomfortable, and screens  
often become the default.

Grant them the "gift" of  
boredom without screens,  
and watch a surprising level  
of creativity emerge.

## Plug-In Day

Pick 1 day a week when  
everyone in the family keeps  
devices plugged in to a  
charger. (Our fam does this  
on Sundays).

Go on walks. Play games. It's a  
weekly reminder that we can  
survive and thrive without  
tech.

## An Experience with Stillness

Invite your child to craft a  
formal experience with  
stillness: Stargazing. Listening  
to music. Talking out loud to  
God. Being in nature. Any  
deliberate experience away  
from tech.