



OVERVIEW

This year, growing in rest has been the vision for All Souls.

the free joy challenge

Step 1: Choose a Free or Frugal Joy

Here are some ideas to inspire you — pick one (or more), or come up with your own!

Nature:

Watch a sunrise or sunset

Take a walk without a destination

Sit under a tree and just listen

Home joys:

Brew tea and drink it slowly with no distractions

Open your windows and let fresh air in while you rest

Declutter one small space

Movement & play:

Dance to your favorite song at home

Stretch outside

Skip stones or blow bubbles

Connection & creativity:

Call someone just to say hello

Write a note of encouragement

Sing or play music, even just for yourself

Step 2: Be Present

When you do the activity, pay attention.

What do you see, hear, feel, smell?

What simple gift is God offering in that moment?

Step 3: Share via the group text

What did you try?

How did it feel? What surprised you?

How did it remind you of the "one thing necessary" (Luke 10)?

Find one free joy that you'd like to build into your regular rhythm.

WHAT IS
MISSING?