

July Slow Down Bingo

from *TheHebrewHousewife*

How can you find rest, slow down, and become more present this month?
(Israelite edition)

Pray with someone in need.	Read through one of the Gospels. (Matthew, Mark, Luke, or John)	Write down 3 things you are grateful for.	Sing one of the Psalms of Dawid	Walk a long trail
Fast from social media for 3 days.	Take a bubble bath instead of a shower	Do an act of kindness for a stranger.	Spend 30 minutes in silence before Yahuah.	Confess a struggle to Yahuah and surrender it.
Read Isaiah 53 and reflect on Yashua's sacrifice.	Call a family member you haven't spoken to in a while.	 <i>TheHebrewHousewife.com</i>	Journal about your favorite Bible verse.	Give up a favorite treat or habit as an act of fasting.
Store your phone away when the sun goes down for 3 nights in a row.	Have a family movie night with popcorn, cozy blankets, and no phones.	Keep candles lit for the entire 24hrs of a Sabbath day (from sundown to sundown)	Do chores in silence (no music, podcasts or TV)	Visit your local library and read (by yourself or with your kids)
Fast for 24 hours	Bake bread completely from scratch	Cook a meal and share it with someone in need.	Donate clothes, food, or essentials to someone in need.	Share this Bingo card and challenge someone else!