**Jesus regularly made space to listen to God, making time to be alone and still. (For example: Mark 6.31-32.)**

St. Francis dedicated significant time to prayer and solitude, seeking a deeper relationship with God. This included spending time in deserted places, and praying in San Damiano chapel, where he famously heard a voice instructing him to "repair my church".

* 1. Think about your week, what do you fill your life with – what could you simplify? What is getting in the way of your relationship with God? Your phones? TV? Other people? Over commitments? Where could you create still moments to listen to God?
  2. Make a plan for how you are going to simplify an aspect of your life and write it down. It could be as simple as *‘I’m going to switch off my phone for an hour a day’* or *‘One day a week I won’t watch TV.’* Commit to this practice for a month.
  3. Find a friend who will help you. Arrange to meet up with them at the end of the month to talk about how it is working, what difference it is making and where you have found it difficult.
  4. **If you sense that you are addicted to your phone or social media, why not consider a digital detox? You might need to talk to someone if it has become a real problem – for example pornography or if it is damaging your self-esteem.**