

# GO AND...

## Spiritual Practice: Just Three Things



Research shows people can retain as many as 7 things, but the average person achieves 3-4 things, so let's go for three things. It's a good church number. You pick the "just three things" that work for you.

The season of Epiphany begins January 6, when we believe the Wise Men arrived, and ends Ash Wednesday which is February 14 this year.

Here are a few suggestions to get your creative juices flowing:

- Write (and mail) a postcard a day during Epiphany sharing three things you appreciate about that person. Name three ways you see the light of Christ shining through them.
- Name three things each day that you define as gifts. Record as "gratitude sightings" in a journal, notebook, on your phone or computer.
- Share three "lift up comments" each day with someone. It might be three different people or three comments to the same person. The goal is to notice the people around you and share compliments that will add positivity to their day.
- Clean house by naming three things each day that you plan to accomplish and checking the boxes when complete. Little things turn into big things when you make a commitment.
- Three days a week working out at the gym, walking the neighborhood, or hopping on that dusty tread mill will make a difference.
- Share three high-fives or fist bumps as a sign of your support to friends, co-workers and family members.
- Slow down, pause and engage in daily prayer. Expand your thinking and name the Triune God – the Three in One in your prayers. Nothing fancy is expected. God listens with love to our laments, praise, thanks, fears, good news, and cares.

May the Light of Christ shine through you and in you as we celebrate the season of Epiphany.