

A person is sitting and reading a book. They are wearing a grey button-down shirt and dark pants. The background is softly blurred, showing a window with light coming through and a potted plant with green leaves and a brown woven basket. The overall mood is peaceful and unhurried.

Unhurried Rhythms

Everyday Practices for Everyday People

Psalm 34:1

**I will bless the Lord at all times;
His praise shall continually be in my mouth.**

Psalm 34:2

**My soul shall make its boast in the Lord;
The humble shall hear of it and be glad.**

Psalm 34:3

Oh, magnify the Lord with me,
And let us exalt His name together.

Psalm 34:4

**I sought the Lord, and He heard me,
And delivered me from all my fears.**

Psalm 34:5

**They looked to Him and were radiant,
And their faces were not ashamed.**

Psalm 34:6

**This poor man cried out, and the Lord heard Him,
And saved Him out of all His troubles.**

Psalm 34:7

The angel of the Lord encamps all around those who fear Him, And delivers them.

Psalm 34:8

**Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!**



1. Take Time To Praise the Lord

**2. Take Time to Connect
with Friends**

**3. Take Time To Share His Love
with Others**