

# STATIO

## *Summary*

### **OVERVIEW**

Statio is a Benedictine practice that has been used in monastic settings for hundreds of years. It is simply a pause between two activities. When practicing statio, you choose to pause between two activities to recognize how God had just been present to you in what you just finished and then you look for how God might be present to you in the activity you are about to engage. (Imagine using statio in the driveway after work and before you enter your home, or imagine statio after grocery shopping and before meeting a friend)

### **STEP 1: PAUSE**

Take a breath and linger in a moment of quiet. Take a moment to remember what you are just coming from. Notice how God resourced you or was present with you in that activity. Thank him for his provision.

### **STEP 2: QUIET**

Take another moment of pause. Think about what's coming next. Ask God for help to be present to the God and present to what you are about to engage. Ask for his help in not carrying anything negative from the previous activity into the next.

*Enjoy one more moment of quiet before engaging the next thing.*