

Life can often feel like a whirlwind of activity. The day begins at full speed, with alarm clocks screeching, coffee brewing, and to-do lists multiplying. Before you know it, another day is done and another week has flown by.

It is a constant balancing act, juggling work,

## create space

family and social commitments. Work is a never-ending list of obligations. Emails flood your inbox, meetings stack up, and deadlines loom. The pressure to perform and produce can feel overwhelming, leaving little room for creativity or reflection. Amid the hustle, moments of genuine connection with colleagues can become scarce, with everyone caught up in their own world. Beyond professional responsibilities, friendships and family relationships come with their own demands. Children's schedules dictate chunks of the week, from sports practice to dance recitals, while social calendars fill up with gatherings and celebrations. The weekend, once a time for rest, becomes an opportunity to catch up on chores. Technology only adds to the busyness. Notifications ping incessantly, compelling us to engage in a constant stream of information. Social media becomes a source of both connection and distraction, as scrolling takes precedence over real-life connections. The boundaries between work and home blur, with remote work often extending into personal time. Amid this chaos, the simple act of slowing down becomes a challenge. Moments of stillness are rare, and the art of mindfulness seems lost. We find ourselves yearning for a break, a chance to breathe, and to reconnect with what truly matters. Despite the whirlwind, there lies an underlying desire for balance, for moments of peace amidst the frenzy.

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