## A Day Without Multitasking Exercise

Multitasking is a method of productivity. It's not wrong, however we can overdo it when we think productivity is the most important thing. Some of us find ourselves texting while driving, checking e-mails at the dinner table, or sacrificing family time to catch up on work.

At its core, the practice of simplicity is meant to help us trust in God as our provider and rely on him for our identity, joy, and salvation. This is countercultural to the idea that we are what we can accomplish.

Try this exercise in order to help you cultivate a single-minded focus on Jesus and his kingdom, and to rest in what he's done for you. The goal is not to be legalistic with this, but to find a freedom from the tyranny of productivity and a joy in single-minded focus.

## **Entry Level:**

Try to go a whole day without multitasking. Give all of your attention and focus to one thing at a time. It sounds easier than it is and may require some planning ahead. While driving, don't talk on the phone. While eating, don't watch television. While doing yardwork, don't listen to podcasts. These are just a few examples, but you can modify them for your daily activities.

## Reach Level:

Try this exercise daily for an entire week.

Write down your reflections:				