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**Sacred Pauses  
Spiritual Practices For  
Personal Renewal  
April Yamasaki**

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Journal With Me: Sacred Pause Questions

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Documentary **Russell Brand Wants to  
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Rooted in Scripture, and drawing from a rich breadth of other sources both historical and contemporary, Sacred Pauses offers a feast of insight into spiritual discipline with wisdom, honesty, humility, and thoughtful clarity. April Yamasaki probes deeply into the heart of what it means to walk with God, blessing us with a gift for both renewal

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God. Sacred Pauses is an introduction to this more centred way of life.

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The Sacred Pauses Five-Part Reading Plan The chapters of Sacred Pauses have been arranged as a personal retreat beginning with Creating Space, Slowing



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Down, Becoming Quiet, and ending with  
Ending Well. In between, the middle  
chapters offer a variety of spiritual  
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The sacred pause helps us to reconnect  
with the present moment. Especially

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when we are caught up in striving and obsessing and leaning into the future, pausing enables us to reenter the mystery and vitality only found here and now. Choose a time when you are involved in a goal-oriented activity — reading, working on the computer, cleaning, eating — and explore pausing for a moment or two.

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<p>In a fast-paced world full of  
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us become more centered-more in touch

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Sacred Pauses offers simple ways for

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readers to do just that. Each chapter explores a different spiritual practice—from the classic disciplines of Scripture reading and prayer to other creative approaches such as paying attention, making music, and having fun.

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Sacred Pauses expands the options in spiritual reflection. Bringing her experience as pastor, educator, and author together, April Yamasaki created a vital resource to which I will return to again and again. Integrating personal stories with examples from Scripture, she touches on many different ways to develop new connections with God.



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Learning to pause is the first step in the practice of Radical Acceptance. A pause is a suspension of activity, a time of temporary disengagement when we are

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In a fast-paced world full of distractions, spiritual practice can help us become more centered—more in touch with ourselves and others, more in touch with the world around us, more in touch with

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God. Sacred Pauses is an introduction to this more centered way of life. The author, a pastor in British Columbia, begins with her own longing for personal renewal.

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In her seventh book, she presents an

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abundance of resources for those of any spiritual tradition who want to devote themselves to the devotional practice of pausing seven times a day for The Prayer of the Hours. Monastics follow the sacred hours and find within this ritual a great and refreshing freedom and sense of connection to others.

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5.0 out of 5 stars Sacred Pauses:  
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We love April Yamasaki. As a busy  
pastor, counsellor and blogger, she  
reminds readers that in a fast-paced  
world full of distractions, spiritual  
practice can help us become more



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centered -- more in touch with ourselves  
and others, more in touch with the world  
around us, more in touch with God.

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The Sacred Pause Contemplative  
practices help us slow down and make

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space to notice God in our lives. Life is always moving, it takes intentionality and practice to create space for us to awaken to God in our midst.

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Author and retreat leader Macrina  
Wiederkehr opens the monastery door

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and invites readers to come in and learn how the practice of consciously pausing for prayer at the seven sacred moments of each day can make their daily passage through time a more sacred pilgrimage. Using scripture, poetry, reflections, personal stories, and quotes from a rich array of spiritual teachers, *Wiederkehr* helps readers become more

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