Choose a small object that draws your mind to God. It could be anything: a rock, a picture, a note. Place it somewhere you pass by every day. Every time you go by it, really slow down and notice it. Take just a moment to think about who the symbol reminds you of—God who LOVES you and whom you LOVE.

Why does your object remind you of God?

Keep track in your journal of how many times each day you really noticed your object and thought about God.