

Slow Dance

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Have you ever watched kids on a merry-go-round?
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You'd better slow down.
Don't dance so fast.
Time is short,
The music won't last.

Do you run through each day on the fly?
When you ask "How are you?"
Do you hear the reply?
When the day is done do you lie in your bed
With the next hundred chores running
through your head?
You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

Ever told your child, "We'll do it tomorrow?"
And in your haste, not see his sorrow?
Ever lost touch, let a good friendship die
Cause you never had time to call and say "Hi?"
You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift...
Thrown away.

Life is not a race.
Do take it slower
Hear the music
Before your song is over.

Slow Me Down, Lord

Slow me down, Lord.
Ease the pounding of my heart by the quieting of
my mind.
Steady my hurried pace with a vision of the eter-
nal reach of time.
Give me, amid the confusion of the day, the calm-
ness of the everlasting hills.
Break the tension of my nerves and muscles with
the soothing music of the singing streams that live in
my memory.
Help me to know the restoring power of sleep.
Teach me the art of taking minute vacations —
slowing down to look at a flower, to chat with a
friend, to pat a dog, to read from a good book.
Slow me down, Lord, and inspire me to sink my
roots deep into the soil of life's enduring values that I
may grow toward the stars of my greater destiny.

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