

Learning to Be Still

1) FIND A QUIET SPACE.

Pick somewhere where you can block out all distractions so that you can be fully present with God.

2) BUILD A ROUTINE.

Pick a time of day and stick with it.

3) TURN THINGS OFF.

Turn your phone on silent or completely off. Don't use music either, instead try to listen for God's voice in this time.

4) DO A BRAIN DUMP.

Take two minutes to write out things that might over-shadow this time like a your running to-do list or to pray about something that happened today that you're still wrestling with. Give it up to God so you can focus this time solely on Him.

5) HAVE SOME GROWTH GOALS YOU'RE WORKING TOWARDS.

Keep a list of goals you're working on developing during this time with God. It might be elongating how much time you're spending or developing character traits, etc.

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6) PRAY.

Ask God to clear your heart and mind so that they don't wander during this time. If you get distracted, pray this prayer again as many times as you need to recenter yourself.

7) START WITH A SCRIPTURE AND BREATHE.

Meditating on a passage can be a good starting place if you're feeling stuck. Then take time to focus your breath and create stillness in your body.

8) SET A TIMER.

Start small and work up from there. If you feel good after five minutes, set another five and keep going.

9) CLOSE OUT YOUR TIME IN PRAYER.

Thank God for always pursuing you and ask that your desire for Him would continue to grow as you develop this spiritual routine.

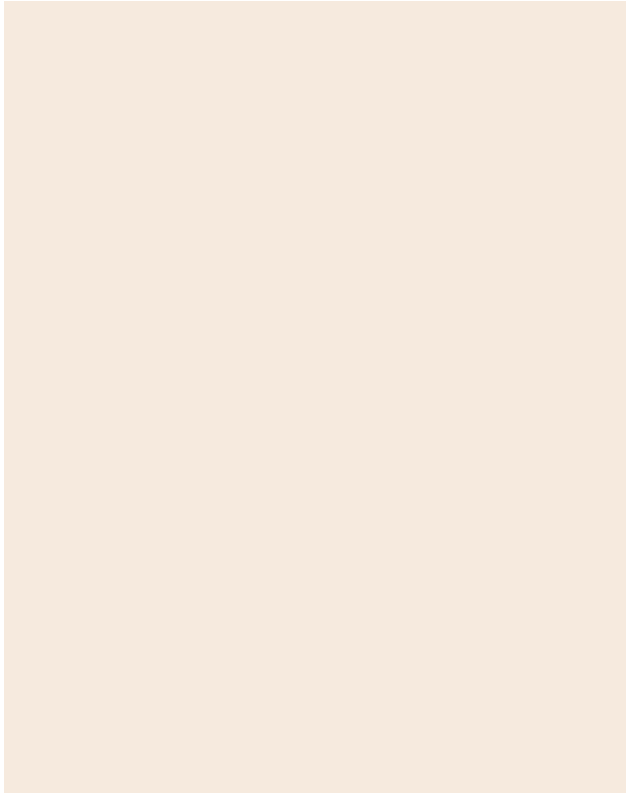
10) GIVE YOURSELF GRACE.

Learning to be still is hard. If you find yourself nodding off or writing a grocery list one day, it's ok. Ask for forgiveness and start fresh tomorrow. God's grace is abundant and covers us. His mercies are new each morning.

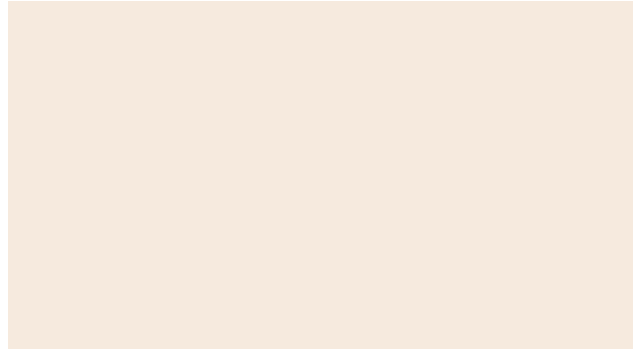
*Remember that stillness is about developing your relationship with God. As long as you're pursuing Him, that's all that matters. He's committed to the journey with you no matter how long it takes.

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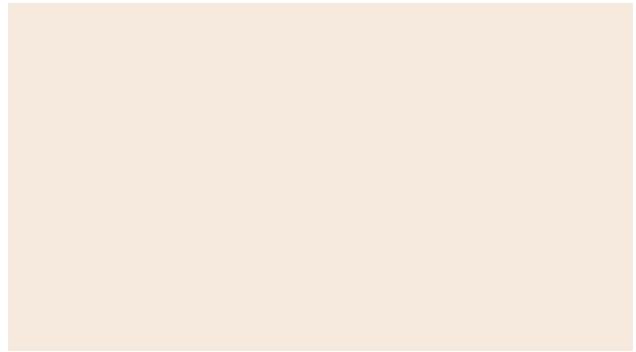
BRAIN DUMP



GOALS



SCRIPTURE



HOW DID YOUR STILLNESS GO TODAY?

