

Peace, Be Still

Start by stepping away from the noise. Go into a quiet place, or take a quick breather outside.

THANK GOD
FOR INVITING
YOU TO BE
STILL

ASK HIM TO
SPEAK TO
YOUR HEART

READ:
PSALM 46
JOHN 7:
37 - 39

SPEND 5 MINUTES
IN SILENCE

*What is God speaking
to your heart?*