

Name
Date

To help you find a quiet, distraction-free place to slow down, notice God's presence, and experience refreshing and renewal.

Today's date
Day 1: Silence & Stillness Focus: Be still before God.
• Scripture: • Psalm 46:10 (ESV) - 'Be still, and know that I am God.
 Reflection: Today, find a quiet space outdoors if possible. Leave behind all devices, noise, and distractions. Simply sit and breathe. Notice the sounds, the feelings, and the movements around you.
 Activity: Spend 20–30 minutes in silence.
 Journal Prompt: What do you hear? What distractions come up? What do you feel?
 Prayer: Lord, teach me to be still. Help me find You in the quiet.
Notes:

Today's date
Day 2: Embracing God's Creation
Focus: See God in the natural world.
 Scripture: Psalm 19:1 (ESV) - 'The heavens declare the glory of God, and the sky above proclaims his handiwork.' Reflection: Creation speaks if we slow down to listen. Notice the sky, the
trees, the birds, the breeze. These are God's fingerprints.
 Activity: Find one thing in nature that stands out to you.
 Journal Prompt: How does this part of creation reveal something about God?
 Prayer: Lord, open my eyes to see You in the world You created.
Notes:

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Day 3: Listening for the Whisper Focus: Hear God's gentle voice.
 Scripture: 1 Kings 19:12 (ESV) - 'And after the fire the sound of a low whisper.'
 Reflection: God often speaks, not in loud ways, but through a gentle whisper. Make space today to listen with your heart.
 Activity: After settling into silence, ask God: 'What do You want to say to me today?'
 Journal Prompt: What came to mind? A word, a thought, a feeling?
 Prayer: Speak, Lord. Your servant is listening.
Notes:

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Day 4: Surrender & Renewal
Focus: Lay down your burdens.
 Scripture: Matthew 11:28 (ESV) - 'Come to me, all who labor and are heavy laden, and I will give you rest.
 Reflection God invites you to exchange your heaviness for His rest. Let today be a day of surrender.
 Activity: Visualize handing your burdens to Jesus in prayer.
 Journal Prompt: What am I surrendering? What refreshing am I receiving?
 Prayer: I give You my burdens, Lord. Refresh my soul.
Notes:

Today's date
Day 5: Embrace the Space Focus: Welcome God's presence fully.
 Scripture: Acts 3:19 (ESV) - 'That times of refreshing may come from the presence of the Lord.'
 Reflection Today, embrace where God has placed you. Let your heart overflow with gratitude.
 Activity: Walk slowly through your space, thanking God for His nearness.
 Journal Prompt: What has shifted in my heart? How can I continue to embrace the space?
 Prayer: Thank You, Lord, for meeting me here. Help me carry Your presence with me each day.
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