



## Stillness

... a way of “being” when we slow down, turn down the noise, to intentionally be present with God.

Settle into a place of quiet.  
Seek out solitude, silence, slowing, simplicity.

Reflect on who God is.  
Remember who I am - and whose I am.  
Revel in my belovedness.  
Rest in God’s love, His goodness, His power.

**Take a seat. Stay awhile. Be still.**

*Surrender your anxiety.  
Be still and realize that I am God.  
I am God above all the nations, and  
I am exalted throughout the whole earth.*

Psalm 46:10

