



BE STILL AND KNOW

Ideas for Individual Reflection

- Choose one of [these scriptures](#) for your reflection this morning.
- Notice which word or phrase catches your attention. Meditate on it for 5 - 10 minutes. Sit in a comfortable position, focus on your inhale and exhale, listen for God in the silence.
- Turn part of the scripture into a question and journal your response. For example: "I bore you on eagles' wings and brought you to myself." Write "How has God born me on eagles' wings and brought me to God's own self?" Take ten minutes to free write your response.
- Listen to the scripture on your headphones using one of the audio-Bibles linked below. What does God want you to hear?

Audio Bibles

- Take a walk in silence and listen for God's voice.
- Take a walk and listen to a [this playlist](#). What is God wanting you to hear today?