

Stillness Over Busyness Guide

Celebrating a Sabbath/Stillness time

You'll need: pen, writing pad, bible, phone/timer – set your phone to airplane mode

*you need to be still, no running, driving, walking etc...

TIP: Schedule it. – get spouse to help, find a quiet spot

TIMER: set timer for 3-5 minutes for each section. Start off smaller then expand as you gain experience.

STEP 1: Settle down.

STEP 2: Invite the Holy Spirit to speak to you during this time, ask for help to be quiet and listen.

STEP 3: Read a passage of scripture, read it several times and think about what it means to you.

STEP 4: LISTEN - Ask the Holy Spirit to speak to you about this passage.

STEP 5: What does this passage reveal about God? Take time to praise God for who He is.

STEP 6: What does this passage reveal about your sin or unbelief? Take time to confess to God.

STEP 7: How do you need help to live out this passage? Ask the Holy Spirit for help where you feel weak.

STEP 8: What needs do you have? Take time to pray for your needs.

STEP 9: Pray for the lost; what friends, neighbors, co-workers do you know that need to know Christ? Pray for opportunity to witness to them.

STEP 10: Be still. Close out your time quietly reflecting on your experience.