



Week Eight Verse - February 16-22, 2015

"Be still, and know that I am God." Psalm 46:10

This verse says two things to me.

- It tells me to stop
- It tells me to remember what I believe... That HE is God.

There is A LOT of chaos in our world, in our communities, in our lives and heck, in our own head. As we all take this journey of documenting our faith together, it is VERY IMPORTANT to take time out to be still, be quiet and to wait. That is hard things to do when we live in a world that constantly drills into us that we want it all and we want it now. In order to hear from God, we need to be quiet.

"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls." Mother Teresa



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Each day this week, take 10 minutes of time to be quiet. EVERY single day, take 10. It is going to take the first 5 minutes to quiet your mind and then just breathe., refocus, re-align and just be.

If you feel moved, journal a little something here or in your planner each day after your 10 minutes.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday