



My “Be Still” Journal



On MONDAY I am

M_____ing

**This just means thinking about
something for a time.**

I read Psalm _____

**The word or words that stood
out to me were:_____**



On TUESDAY I am

L_____ing

I read Ecclesiastes _____

**True or False: God wants me listen
to Him.**

**I spent ____ minutes listening to
God today.**

Here's what I heard:



On WEDNESDAY I am

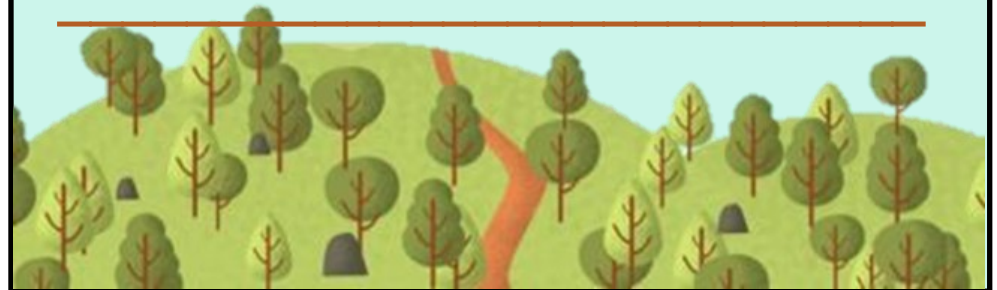
Contemplating the _____

**“Contemplating” means spending time
being thoughtful about something.**

Fill in the blanks: Romans 6:23

**“For the _____ of sin is
_____, but the _____ of
God is eternal _____ in Christ
_____ our Lord.”**

What do you think this means?



On THURSDAY I am

L_____ing

This means telling someone you feel sad about something.

In Psalm 102:27, who always remains the same no matter what?_____

What is making you sad or worried right now?



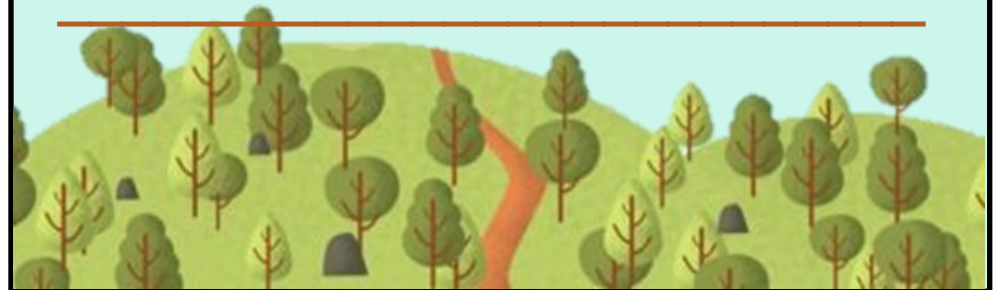
On Friday I am

C_____ing

This means admitting that you've done something wrong.

Read Psalm 139:23-24: Does God know all your thoughts and everything you do?_____

What is something you've done or thought, which was wrong? Write what you want to confess to God.



On SATURDAY I am

p_____ing

This means putting things in order by the most important thing, first.

List the things you do most:

- 1) _____
- 2) _____
- 3) _____

Read Matthew 6:33 and list what God wants you to put first:

- 1) _____



On SUNDAY

Write a Note to God

Dear God,

Love,

