

A LITTLE SPACE FOR YOUR EVERYDAY FAITH

7 Days of Quiet



01 / A PRACTICAL PRAYER JOURNAL

grace & stillness

PRAY. REFLECT. TAKE ONE FAITHFUL STEP.

Begin here

READ PSALM 46:1-11 IN YOUR OWN BIBLE

Some days begin with a clear mind. Others arrive already crowded with thoughts, unfinished work, and questions. You do not have to sort everything out before you pray. Begin with the day you actually have.

Read Psalm 46 slowly, noticing the movement from trouble toward trust in God. The invitation to stillness sits within a larger picture of God as refuge. Let the whole passage shape your reflection.

Name what is present without trying to make it sound more spiritual. A concern, a gratitude, a disappointment, or a simple hope can become the beginning of a conversation with God. Today, your small practice is to arrive honestly.

A PRAYER TO BEGIN WITH

God, I bring this ordinary day to You. Help me pay attention to Your care and speak honestly about what is on my heart. Meet me as I begin.

ONE SMALL PRACTICE

Choose one moment today to pause before reaching for your phone.

Bring what is honest.

What would you like to bring honestly before God today?

WHAT I NOTICE AS I READ

MY PRAYER TODAY

ONE GIFT. ONE SMALL NEXT STEP.

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Draw Near



02 / A SEVEN-DAY DEVOTIONAL

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PRAY. REFLECT. TAKE ONE FAITHFUL STEP.

Come as you are

READ LUKE 10:38-42

Read the whole scene. Jesus is visiting a household, and two different responses to His presence are described. Notice what the passage says, what it does not say, and how the invitation lands within a real moment of hospitality.

REFLECTION

An ordinary morning can feel like a list of unfinished responsibilities. It is tempting to treat quiet time as one more item that proves you are doing life well. Begin instead with attention: God is not another task competing for a place on your schedule.

The scene in Luke 10 helps us consider the relationship between activity and attention. Necessary work is part of life. The passage need not become a reason to shame hospitality, dismiss responsibility, or rank personalities. Ask a smaller question: when useful work becomes agitation, what helps me listen again?

You may arrive tired, distracted, or without much to say. That is still a place from which to begin. Read a short passage slowly rather than racing through a long list. Name the pressure you feel before trying to improve it. Let prayer include both your responsibilities and your need for an unhurried moment.

Presence is not a particular mood. Some days will feel peaceful; some will feel ordinary. The practice is to return your attention with patience, not to manufacture a spiritual feeling. Today, choose a beginning small enough to repeat.

Presence before performance

TRY THIS TODAY

For ten minutes, put your phone somewhere you cannot casually reach it. Read the scene once for the story and once for what you notice. Write one sentence about your attention, then name one responsibility you will return to after prayer. This lets quiet time and ordinary work belong to the same day.

A WORKED EXAMPLE / ILLUSTRATIVE

I keep thinking about the messages I have not answered. I can bring that pressure into prayer, listen to this passage for five minutes, and answer the urgent message afterward. I do not need to finish every task before I begin.

A PRAYER TO BEGIN WITH

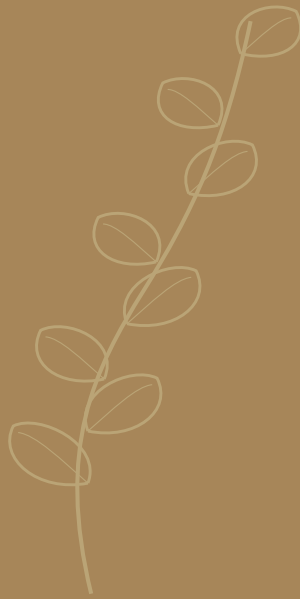
God, I bring You my attention as it is. Help me listen without performing, and return to my responsibilities with care.

CONNECT THE COMPANIONS

Use Day 1 of the journal to name what is real. A short response is enough.

A LITTLE SPACE FOR YOUR EVERYDAY FAITH

One Faithful Step



03 / A PRACTICAL DISCERNMENT WORKBOOK

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PRAY. REFLECT. TAKE ONE FAITHFUL STEP.

Name the actual question

READ JAMES 1:5 IN CONTEXT

A broad worry is difficult to work with. Turn it into one decision you can describe. Name what is being chosen, who is involved, and when an answer is actually needed. If there are several decisions, choose one for this workbook.

Keep the question within your responsibility. You can decide what to offer, ask, accept, or decline; you cannot decide another person's response. Naming the question helps prayer and practical thinking meet the same situation.

THE WORKED CASE / ILLUSTRATIVE

Instead of "I need to do more for everyone," write: "Should I join the Thursday volunteer team this month, given my current commitments?"

Make the question clearer.

Write what is useful for your actual choice. Label anything uncertain rather than filling the space with a prediction.

MY DECISION, IN ONE SENTENCE

WHO IS AFFECTED, AND WHAT IS MY ROLE?

A REAL DEADLINE, OR A DATE TO REVIEW
