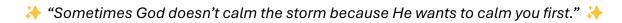
Reflection & Resilience Worksheet

Title: When Silence Speaks: Listening for God in Stillness

REFLECTION SECTION:
Header: "Be still and know"
Purpose: Help the reader process their current season through quiet introspection.
Journal Prompts:
1. What emotions are surfacing in this quiet season?
Write it here:
2. In what ways have I resisted being still?
Write it here:
3. What is silence revealing about what I truly need right now?
Write it here:
4. When was the last time I felt peace in stillness?
Write it here:
5. Where might God be asking me to pause and trust Him more?
Write it here:



RESILIENCE SECTION:
Header: "I can be still and strong."
Purpose: Empower the reader to move from stillness into strength.
Mini-Reflection Exercise: Choose One Area You'll Focus On This Week:
 □ Letting go of performance □ Practicing daily silence (3–5 minutes) □ Releasing control over things I can't change □ Saying "no" to something that drains me □ Choosing rest without guilt Action Step Box: What's one thing I can do to honor God in this season of stillness?
→ Write it here:

→ "I am not forgotten. I am being formed in stillness."
→