



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: _____

💡 *“Sometimes God doesn’t calm the storm because He wants to calm you first.”* 💡

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."* 💡