

MEETING HER AGAIN

Conversations Beyond the Reflection



GUIDED REFLECTIONS

A Quiet Place to Pause, Listen,
and Be Honest



*Gentle Prompts for the
Heart and Soul*



REFLECTION GUIDE 03



A QUIET PLACE *to Listen*



Life can become so full of noise.

Not always the kind we hear around us, but the kind we carry within us—the responsibilities waiting for our attention, the needs of people we love, the decisions we are trying to make, and the thoughts that seem to follow us even when the day becomes quiet.

Sometimes we become so accustomed to moving from one thing to the next that stillness can feel unfamiliar. But not every quiet moment needs to be filled.

Sometimes stillness is where we begin to hear what our hearts have been trying to tell us—and where we become more aware of God's presence.

Imagine yourself sitting somewhere peaceful for a few minutes. Perhaps in a garden where the sunlight filters through the trees, flowers move gently in the breeze, and nothing is asking anything of you.

There is nowhere you need to rush.

Nothing you need to accomplish.

No one you need to be for anyone else in this moment.

Just breathe.

Notice what you are carrying.

Notice what has been occupying your thoughts.

And instead of immediately trying to fix, change, or understand it all, simply bring it into the quiet with God.

You may be surprised by what rises to the surface when you finally give yourself permission to listen.

A Gentle Invitation



You don't have to figure everything out today.
Sometimes you simply need a quiet place to listen.

PAUSE AND REFLECT



1. What has been taking up the most space in my heart lately?
What keeps returning to my thoughts when things become quiet?

2. Is there something I have been avoiding because I haven't known what to do with it?
For now, can I simply acknowledge that it is there?

3. What am I carrying that may no longer be mine to carry?
Is there a worry, expectation, responsibility, or burden I can begin placing in God's hands?

4. Where do I need more of God's peace right now?
What would it look like to invite Him into that place instead of trying to manage it alone?

5. What might my heart need in this season?
Rest? Grace? Courage? Forgiveness? Hope? Permission to begin again?

*Sit with what came to the surface.
You don't need an answer for everything.
Sometimes noticing what is there is the beginning
of something new.*

BE STILL



You may have come to these pages carrying questions you cannot answer yet.

That is okay.

Not everything has to be resolved in one sitting. Not every decision has to be made today. And not every part of your life has to make sense before you can experience peace.

Sometimes the invitation is simply to become still long enough to remember that you are not carrying your life alone.

God is present here too—in the questions, in the waiting, in the places that are still becoming.

You can leave this quiet moment without having everything figured out.

Take with you whatever brought peace.

Keep listening to what deserves your attention.

And place the rest in God's hands.

Scripture

"Be still, and know that I am God."

— Psalm 46:10



A Closing Prayer

God, thank You for meeting me in the quiet. Help me hear Your voice above the noise I carry. Give me wisdom for the things that need my attention, courage for the things I need to face, and grace for the things I cannot change today.

Teach me to recognize when I need to move and when I simply need to be still.

As I leave this quiet place, help me carry Your peace with me.

Amen.



You can return to this quiet place whenever you need it.