

Silent Night — Reflection Card

Be still. Let God speak. Silence isn't empty — it's full of His presence.

1. What noise do I use to distract myself?

(Examples: scrolling, nonstop music, overworking, talking, binge-watching)

My answer: _____

2. What is God trying to show me if I would be still?

My answer: _____

3. Where do I need to stop controlling and start trusting?

My answer: _____

4. Which verse brings peace to me right now?

(Circle one or write your own)

- **Psalm 46:10** – Be still & know
- **Isaiah 30:15** – Quietness & trust is strength
- **1 Kings 19:12** – God speaks in a whisper
- **Other:** _____

Prayer

- Ask God how you can lean into silence to hear His voice