

WEEK 2: Be Still

This week, you will spend a minimum **3 hours** in a quiet, uninterrupted place, preferably outside, somewhere by yourself all in one sitting. This is your time to be still, pray, read your Bible, and journal to God about anything that comes to mind.

You may bring with you the following:

- Water/Snacks or small meal
- Journal + Pen
- Bible (physical not digital)
- This printed worksheet + watch to keep time

You may NOT bring with you (or leave in the car at your destination):

- Cell phone
- Computer
- Any technological device which distracts

GOAL

The purpose of this assignment is to bring you into a time of stillness with God. To understand our unique purpose and the dreams God has for us, we must get still with Him as our Creator. He is the one who made you. So, He is the one who can help you discover or be assured of the unique talents and gifting's He's created in you, and how to activate those best into the world.

So, get still.

It may be uncomfortable at first if you're not used to having regular quiet times with God. Embrace the discomfort of it. Know that through the discomfort you will discover things you never knew or understood about yourself. You may discover things you never knew or understood about God too!

In case you feel stuck, and to keep you from getting too distracted with other thoughts, the following are a few helpful questions you can use to ask God during this time of stillness. Think of this as a self-exploration time, or time to just talk with God about #allthethings going on in that head of yours. Feel free to dump those thoughts onto God. There's nothing He can't handle. Here are some questions to ask and verses to read to help you get started.

Take your time.

REFLECTION QUESTIONS/PRAYERS

1. God, do my natural talents and characteristics align well with the personality and spiritual gifts tests I completed? (Romans 12:6-8)

2. Lord, who I am really? (John 1:12; Romans 8:17)

3. What things are holding me back from becoming the person you desire me to be? (Joshua 1:9; Isaiah 43:1; Psalm 34:4)

4. How can I be sure I can trust you God? Do I really trust you? (Psalm 22:4-5; Psalm 19:7; Proverbs 3:5-6)

5. Lord, is my dream in alignment with your dream for me? Or, what is the dream you have for me? (Psalm 37:4)

6. What is God telling you when it comes to using the gifts He's given you? (1 Peter 4:10-11)

Write down anything else that comes to mind. Nothing is off limits with God. Things that bubbled to the surface and questions you have regarding this time can be addressed at the next coaching session.