

A Quiet Moment to Reflect

Intro (Small, gentle tone)

Take a few minutes for yourself.
No pressure. No expectations.

This is simply space to pause...
and be honest about what's on your mind.

Section 1: What's Real Right Now

- What's been weighing on me lately?
 - What thoughts keep coming back?
 - Where do I feel stuck, frustrated, or tired?
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Section 2: What I Really Want

- What am I hoping might change?
 - What would peace look like for me right now?
 - If things were different, what would feel better?
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Section 3: Deeper Questions

- Why does this matter to me?
 - What am I afraid of?
 - What am I holding onto that might be hard to release?
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Section 4: If God is There...

- If God is real... what would I want to ask Him?
 - What would I hope He might say to me?
 - Would I be open to hearing from Him?
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You don't have to figure everything out today.

Sometimes clarity starts with simply being honest.

