

HOW TO FIND THE SILENCE: STARTER SHEET

Do you wish you could quiet your mind and focus on Jesus for even a few minutes? Here are some steps on how to do just that!



Step 1: find your quiet place

- LARGE CLOSET
- SEPARATE ROOM
- CHURCH
- ADORATION
- NATURE



Step 2: reduce distractions

- ANY ELECTRONIC DEVICE, ESPECIALLY PHONES
- CHILDREN (IF POSSIBLE)
- CLUTTER
- FOOD AND DRINK
- COMFORTABLE SEATING OR SITTING POSITION



Step 3: clear mind & quiet yourself

- CLOSE YOUR EYES
- FOCUS ON JESUS
- ALLOW HIM TO BE YOUR ONLY THOUGHT
- DEEP, SLOW BREATHING



Step 4: listen & grow

- ENJOY THE SILENCE
- KEEP FOCUSING FOR AT LEAST 15 MINUTES
- KEEP BREATHING AND RELAXING