

BE STILL & KNOW THAT I AM GOD

31 Days of God's Creation
Reminders of His Love, Comfort, & Promises



Devotional Journal Pages

Thank you!
For requesting and downloading
The Be Still & Know That I Am God
Journaling Pages

Welcome!

At Selah Reflections we are committed to sharing ways to find stillness in the midst of life. We know and understand that finding stillness is not a passive activity it must be actively sought, scheduled, and prioritized.

Cultivating Stillness

Stillness does not come naturally to most of us. In fact, in today's active, instant, on demand world it can feel like a luxury.

It shouldn't be,

Personally, I think it's a necessary component to our spiritual, emotional, and physical health and well-being.

Finding Stillness Through Prayer & Journaling

On the following pages you will find 7 journaling pages to accompany you as you read through the "Be Still & Know That I Am God: 31 Days of God's Promise, Comfort, and Reminders of His Love" picture book.

Through these pages my goal is to help you cultivate a habit of daily stillness through reading and writing scripture, writing out a daily gratitude list, and reflections on the day or what you read that day.

Put it on your calendar and start today!

How to use these pages



These journaling pages have been created as a place for you to record your thoughts and reflections as you read through the Be Still picture book. There are 3 main sections:

Section 1: Daily Verse:

When you take a few minutes and put pen to paper you are increasing your ability to learn, remember, or interact with the words in front of you. Use this section to write out the verse for the day.

Section 2: Daily Gratitude List:

Take a few minutes to write out a list of at least three things you are grateful for this day. It can be random or ideas that come to mind as you read the days verse or quote.

We are told in scripture to rejoice always, well it's not always an easy command to follow. There are days we have to make the decision to rejoice despite of what we are feeling in that moment. Writing a daily gratitude list helps us remember that we have so much to be grateful for and that we are blessed in so many different ways.

Section #3: Reflection:

Use this space to write out a prayer, thoughts, or aha moments that are brought to mind as you spend a few minutes in quiet reflection. Even just 5-minutes of journaling, of taking time to quiet your mind, reflect on that day's scripture and just be... can make such a huge impact in your journey of finding stillness.

The following pages includes 7 days of journaling space. I hope you continue this practice! Feel free to print out as many journaling pages as you need.

Today's Date: _____

Write out today's verse:

Make a list of 3 things you are grateful for today:

- 1) _____
- 2) _____
- 3) _____

Record your thoughts and reflections, or write out a prayer for today:

Today's Date: _____

Write out today's verse:

Make a list of 3 things you are grateful for today:

- 1) _____
- 2) _____
- 3) _____

Record your thoughts and reflections, or write out a prayer for today:

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- 1) _____
- 2) _____
- 3) _____

Record your thoughts and reflections, or write out a prayer for today:

Finding Stillness In the Midst of Life

Finding stillness is not a passive activity,
it's a journey of actively seeking it out, one day at a time.

You are invited to join us on the journey.

For more books and journals visit:
<https://selahreflections.com/books/>