

## Solo Time with God

In the Bible our Father says to us, “Be still and know that I am God.” One way to practice being still is to focus on writing a letter to God expressing everything that comes to your mind and then listening quietly for His promptings (thoughts the Holy Spirit brings to your mind).

### My Letter to God:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

God's response: (Listening quietly to His "still small voice.")

[illegible]