

SCRIPTURES

BE STILL AND KNOW

not so small talk

stop striving and know that I am God; I will be
exalted among the nations, I will be exalted on
the earth.



o my son, give me your heart. may your eyes
take delight in following my ways.



let all that i am wait quietly before God, for my
hope is in him. he alone is my rock and my
salvation, my fortress where i will not be shaken.



know that the LORD is God. it is he who made us, and we are his; we are his people, the sheep of his pasture.



trust in the LORD with all your heart, and do not lean on your own understanding. in all your ways acknowledge him, and he will make straight your paths.



then they cried to the LORD in their trouble,
and he delivered them from their distress. he
made the storm be still, and the waves of the
sea were hushed.



those who know your name trust in you, for
you, O LORD, do not abandon those who
search for you.



in vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.



the fruit of that righteousness will be peace; its effect will be quietness and confidence forever.



now therefore stand still and see this great thing that the LORD will do before your eyes.



JOURNAL EXERCISE

IDENTIFYING YOUR NEEDS

find rest for your soul

no matter how hard you try to remain positive, negative thoughts might still emerge. these thoughts are messages you repeatedly send yourself that produce negative emotions and lower your self-esteem. although negative thoughts may rise to the surface of your mind, you can learn to replace those messages with positive statements. these new thoughts can help you keep a more positive, realistic outlook.

1. write a negative thought you've recently had
2. cross out that thought and write the opposite statement
 - a. example: i guess i'm not worthy of love and a healthy, supportive relationship
 - b. ~~i guess i'm not worthy of love and a healthy, supportive relationship~~
 - c. i'm worthy of love and will experience a healthy, supportive relationship

as you continue to evolve and expand into unfamiliar spaces, cling to God and lean into His community. whether your battle is internal or visible, know that you are not alone in this transformation process. we are evolving together.
Thank you for being a part of this community.

brittney

LET'S STAY CONNECTED

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