

Embracing Quiet

Key Points



Daily Pockets of Stillness

Dedicate just ten minutes in the morning or evening to absolute quiet. Sit with a warm cup of tea, open your Bible, remember one gratitude. Let your mind rest before the daily demands begin.

Take aways:

Create a comfortable space for gathering yourself every day. Maybe that's a special throw, or a coffee bar close by a window.

Harvest quiet joy first

Notice the simple gifts God has already placed right in front of you- morning light through the window, a warm mug in your hands, the rustle of leaves outside. Fill your tank on His everyday goodness now.

Take aways:

Pick up a small notebook for listing out your gratitude items.

Create sensory sanctuary space

Physical clutter often translates to mental clutter. Use this month to gently clear off a few main surfaces in your home—a kitchen counter, a dining table, or your favorite reading chair. A clean, open space naturally invites a sense of calm and rest.

How to clean:

1. Trash
2. Recycling
3. put away what has a home
4. decide what stays, what goes
5. find a home for what stays.

Read Ahead for Advent

Don't wait until the first Sunday of Advent to look for a devotional or decide how you want to focus your family's heart. Take time this month to browse meaningful readings or find a simple guide that resonates with you, so you can step into the season with intention.

Take aways:

You might just read the book of Luke for the month of December. Chapter 1 & 2 cover the birth. A quick search will yield many advent books.

Accept Christ as Savior

Salvation comes through placing your trust in Jesus Christ as Lord and Savior. Scripture teaches that all have sinned and fall short of God's glory, but through Jesus' death on the cross and His resurrection, full forgiveness and eternal life are freely offered as a gift of grace (Romans 3:23, Ephesians 2:8-9). To be saved, confess and believe in your heart that God raised Jesus from the dead. (Romans 10:9-10). It is not earned through good deeds or personal effort, but received through simple, humble faith in Christ alone.

Take aways:

Find a Bible and read the Gospels, starting with John.

