

Questions for Conversations

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On a scale of 1-10, how much stillness does your life hold? Explain.

Why do you think that is?

What might the stillness that God wants for you to look like today?

What do you need to experience more stillness today?

Physical rest

Physical healing

Emotional rest

How might you be an instrument in another person experiencing more stillness?

Is there a burden you can help carry? Is there encouragement you can render?