

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

*Congratulations!*

By beginning this challenge, you've just taken your first step to the practice of being still.

**Today is Day 1.** Familiarize yourself with the process described below. I recommend that each morning and evening you meditate as follows:

## **Morning Meditation**

- **3-5 minutes – Be Still Moment.** Meditate on how God is speaking to you regarding your need to be still.
- **3-5 minutes – Record Your Meditation Revelations.** Record whatever messages, answers, and/or questions that God revealed to you during your Be Still Moment. Use your personal journal the **Meditation Revelations** section of this journal.
- **3-5 minutes - In God's Word.** Meditate on the Biblical text provided each day. Read and re-read the scripture in different translations. Write the scripture in a way that's meaningful to you. Use your personal journal or the **In Your Words** section of this journal.
- **3-5 minutes – Meditation Affirmation.** After you've meditated on God's Word and have written His Words in your heart, speak God's Word and His promises over your life. Affirm God's goodness and power. Envision yourself as still and quiet and in God's presence. Repeat the affirmation a few times then write it out. Use your personal journal or the **Meditation Affirmation** section in this journal.
- **5-10 minutes - In Prayer.** Use this time to pray over the scripture, the revelations received, the affirmations made and ask God to set your intentions of being in God's presence for the day.

## **Evening Meditation**

- **2-3 minutes - In Prayer.** Use this time to thank God for bringing you through another day as one who is connected and in the presence of God and pray over the scripture again.
- **3-5 minutes – Today I Was Still.** Spend a few minutes recording messages, answers, manifestations, and/or revelations received throughout the day in reference to the scripture and the affirmation. Note at least one way in which you spent time in God's presence. Use your personal journal or record your reflections in the **Today I Was In God's Presence** section in the journal pages below.
- **2-3 minutes - In Prayer.** Pray over the scripture, and ask God to go before you, prepare your tomorrow, and to continue transforming you into one who is able to be still in God's presence.

Then spend time in prayer, asking God to break the strongholds of busyness. Ask Him to change you, transform you, take away your need to be busy and doing and help you walk in the freedom of simply being. Commit to this journey. Expect the unexpected. And praise God now in anticipation of your peaceful living to come!

*From My Still Heart to Yours!!!*

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

**BIBLE TEXT:**

Psalm 46:10 - Be still and know that I am God...

Meditation Revelations: \_\_\_\_\_  
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Psalm 46:10 In Your Words: \_\_\_\_\_  
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*Meditation Affirmation:*

I am still in the presence of God, who is to be exalted in all the earth!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

**BIBLE TEXT:**

Exodus 33:14 And He said, "My Presence will go with you, and I will give you rest."

Meditation Revelations: \_\_\_\_\_  
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Exodus 33:14 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
God is always with me, and I am able to rest in His presence.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Psalm 139:7-10 - Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there. If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me...

Meditation Revelations: \_\_\_\_\_  
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Psalm 139:7-10 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
No matter where I go, I am in God's presence!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Psalm 16:11 - You will show me the path of life; in Your presence is fullness of joy; at Your right hand are pleasures forevermore.

Meditation Revelations: \_\_\_\_\_  
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Psalm 16:11 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

In Your presence oh God, is where I find pleasure and the fullness of joy. In Your presence I discover Your paths and plans for my life.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

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## BIBLE TEXT:

Psalm 23:1-3 - The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul...

Meditation Revelations: \_\_\_\_\_  
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Psalm 23:1-3 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

God restores my soul as I lie down in the green pastures and am led by the still waters.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Psalm 73:28 - But it is good for me to draw near to God. I have put my trust in the Lord God, that I may declare all Your works.

Meditation Revelations: \_\_\_\_\_  
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Psalm 73:28 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

It is good for me to draw near to God and to put my trust in Him.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

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## BIBLE TEXT:

John 15:5 - "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

Meditation Revelations: \_\_\_\_\_  
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John 15:5 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

As I abide in Christ and Christ in me, I can bear much fruit.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:



# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Joshua 1:9 - "Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Meditation Revelations: \_\_\_\_\_  
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Joshua 1:9 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
In God's presence, I am strong and courageous.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Acts 17:28 - for in Him we live and move and have our being...

Meditation Revelations: \_\_\_\_\_  
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Acts 17:28 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I live, move and have my very being in God's presence!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Acts 3:19 - ...so that times of refreshing may come from the presence of the Lord

Meditation Revelations: \_\_\_\_\_  
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Acts 3:19 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
I am refreshed as I dwell in Your presence, Oh God.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

**BIBLE TEXT:**

Mark 9:7 - ... "This is My beloved Son. Hear Him!"

Meditation Revelations: \_\_\_\_\_  
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Mark 9:7 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
I'm going to shut my mouth and hear from Jesus!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

BIBLE TEXT:

Isaiah 55:3 - Incline your ear, and come to Me. Hear, and your soul shall live...

Meditation Revelations: \_\_\_\_\_  
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Isaiah 55:3 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:

I am still in Your presence, Oh God, listening and hearing from You so that my soul can live!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

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## BIBLE TEXT:

Matthew 6:6 - But you, when you pray, go into your room, and when you have shut the door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Meditation Revelations: \_\_\_\_\_  
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Matthew 6:6 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

It's in that secret, quiet place that I come into Your presence, personally and authentically, sharing from the depths of my heart.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

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## BIBLE TEXT:

Proverbs 17:27 - He who has knowledge spares his words, and a man of understanding is of a calm spirit.

Meditation Revelations: \_\_\_\_\_  
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Proverbs 17:27 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I use my words sparingly and my spirit is calm.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

James 1:19 - So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath

Meditation Revelations: \_\_\_\_\_  
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James 1:19 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I think before I speak. I am slow to become angered and I am quick to listen.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:



# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

**BIBLE TEXT:**

Exodus 14:14 - The Lord will fight for you, and you shall hold your peace.

Meditation Revelations: \_\_\_\_\_  
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Exodus 14:14 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
As God fights for me, I am holding my peace.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Proverbs 29:11 - A fool vents all his feelings, but a wise man holds them back.

Meditation Revelations: \_\_\_\_\_  
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Proverbs 29:11 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I am not foolish, so I don't go venting all of my feelings. I am wise and I keep my feelings and emotions in check.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

1 Peter 3:4 - Rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.

Meditation Revelations: \_\_\_\_\_  
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1 Peter 3:4 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

The inner beauty of my heart is a gentle and quiet spirit, and I am very precious in the sight of God!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

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## BIBLE TEXT:

1 Thessalonians 4:11 – That you also aspire to lead a quiet life, to mind your own business, and to work with your own hands, as we commanded you

Meditation Revelations: \_\_\_\_\_  
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1 Thessalonians 4:11 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I lead a quiet life, I mind my own business, and do the work that God has called me to do.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

1 Timothy 2:2 - for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence.

Meditation Revelations: \_\_\_\_\_  
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1 Timothy 2:2 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
I lead a quiet and peaceable life in all godliness and reverence.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Amos 5:13 - Therefore the prudent keep silent at that time, For it is an evil time.

Meditation Revelations: \_\_\_\_\_  
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Amos 5:13 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

Because I am prudent, I know when to keep silent.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

For thus says the Lord God, the Holy One of Israel: "In returning and rest you shall be saved; in quietness and confidence shall be your strength."

Meditation Revelations: \_\_\_\_\_  
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Isaiah 30:15 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I will be saved as I return to God, and rest quietly and confidently in Him.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Isaiah 26:3 - You will keep him in perfect peace whose mind is stayed on You, because he trusts in You.

Meditation Revelations: \_\_\_\_\_  
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Isaiah 26:3 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I have perfect peace because my mind is fixed on You, Oh God.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:



# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Job 6:24 - Teach me, and I will hold my tongue; cause me to understand wherein I have erred.

Meditation Revelations: \_\_\_\_\_  
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Job 6:24 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I have learned to hold my tongue as You teach me Oh God. And as I am quiet, You are able to search my heart and to help me understand.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Lamentations 3:26 - It is good that one should hop and wait quietly for the salvation of the Lord.

Meditation Revelations: \_\_\_\_\_  
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Lamentations 3:26 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I hope and wait quietly for God's assured workings in my life!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Mark 1:35 - Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Meditation Revelations: \_\_\_\_\_  
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Mark 1:35 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

Like Jesus, I rise early in the morning, and I go to my place of solitude to pray.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Psalm 37:7 - Rest in the Lord and wait patiently on Him...

Meditation Revelations: \_\_\_\_\_  
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Psalm 37:7 In Your Words: \_\_\_\_\_  
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Meditation Affirmation:  
I rest in the Lord and I wait patiently on Him.

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

## BIBLE TEXT:

Psalm 4:4 - Be angry, and do not sin. Meditate within your heart on your bed, and  
BE STILL.

Meditation Revelations: \_\_\_\_\_  
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Psalm 4:4 In Your Words: \_\_\_\_\_  
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## Meditation Affirmation:

I may get discouraged or angry sometimes, and that's ok. But I will not let  
it lead me into sin. Instead, I take it to God as I meditate and commune  
with Him. I AM STILL!

Your Personal Affirmation: \_\_\_\_\_  
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TODAY I WAS STILL:

# 30 Day Challenge To BEING STILL IN GOD'S PRESENCE

PRAISE GOD! YOU MADE IT! IN  
HIS PRESENCE, PEACEFUL and STILL!

One this your final day of growing in stillness in God's presence, spend your time in prayer and praise!  
Praise God for the showing up in the stillness and quietness of your meditation.

What a privilege it is to dwell within Your presence, oh God (Psalm 65:4). In Your presence, You rejoice over me with gladness and with singing and You quiet me with Your love (Zephaniah 3:17). Your holy Spirit dwells within me, leading me and guiding me; thus Your presence makes me holy (John 14:26, I Corinthians 3:16). It is in You, Jesus, that I live, move, and have my being (Acts 17:28). It's in my stillness that I come to know You God and I will exalt Your name always (Psalm 46:10). In Your presence there is fullness of joy and pleasures forever more (Psalm 16:11)! Your presence goes with me and gives me rest (Exodus 33:14). There is nowhere that I can go where You won't be. Wherever I am You will be, holding me and leading me always (Psalm 139:7-10). Even when I walk through the valley of the shadow of death, You are with me (Psalm 23:1-6). You oh God have promised never to leave me nor forsake me (Hebrews 13:5). You hide me in the secret place of Your presence, and You keep me from evil (Psalm 31:20). And because You are with me, I am strong and of good courage (Joshua 1:9). And I will serve You with gladness. I will come before Your presence with singing and thanksgiving (Psalm 100:2-4)!

**I claim a quiet, peaceful, calm, and still life in the mighty name of Jesus, Amen!**

Give God your prayer of praise for His transformational power in your journey to being still.

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From My Fearless Heart to Yours!!!

Davenia