

Chapter 18: Your Challenge

Now that you have finished reading my stories about *Being Still, This Is What Matters*, I hope you've thought about times in your life where stillness and opening your heart to God's prompts have changed the direction of your life.

Take some time to journal about some of the times that God has talked to you.

Did you listen or did you ignore Him? How do you know that He is talking to you?

The Storm

What happened? What would you do over?

Is God talking to you right now?

What are some things in your life that weren't important when you were younger, but once an event happened in your life (loss of a loved one, illness, loss of a job, etc.), everything changed?

Your Challenge

From reading my stories, is there anything different that you will start doing?

Journal your own personal story about how God has taken something horrible in your life (that you thought was horrible at the time) and turned it around for good.

Your Challenge

Think about some times in your life where you worried a LOT about something that never ended up happening. What lessons can you learn from this?

Are you guilty of not giving people your full attention?
What do you think that shows them?

The Storm

Think about some regrets that you have. What can you start doing now that will stop future regrets from happening?

Just write down whatever thoughts or prayers come into your head. Just start writing without worrying about your grammar or what order your thoughts are in.
