

BE STILL

PRAYER FROM PSALM 46:10

PREPARE

Find a quiet place, gently close your eyes and take a few deep breaths. Prepare to pray the Psalm in 5 consecutively diminishing sentences.

PRAY

Either aloud or quietly to yourself, say the words, “Be still and know that I am God.”

After a couple deep breaths, pray, “Be still and know that I am.”

After a couple deep breaths, pray “Be still and know.”

After a couple deep breaths, pray, “Be still.”

After a couple deep breaths, pray, “Be.”

When ready, pray, “Amen.”
