

# A Word of Reassurance

Trust in the Lord with all your heart. - Proverbs 3:5

## Reflection

Which one feels hardest for me right now?

- Slowing down to read Scripture
- Trusting God with the next step
- Quieting my thoughts long enough to listen

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*If journaling with a child:*

What do you think God might want to help you with right now?

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## One Simple Practice for This Week

This week, I will practice listening to God by:

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## A Short Prayer

Father God, help me release the pressure to do this perfectly. Show me the one small step You are inviting me to take. Thank You for giving me courage to trust You. In Jesus' name, amen.

Personal prayer or thoughts.

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## A Word of Reassurance

God is not silent. He is not distant. He delights in guiding His children.

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