

Listen, pray, and respond

INSIDE THIS PDF

- Eight typeable fields, one per prompt
- A completed Psalm 46:10 example to read first
- A group page with four shared questions

01 PASSAGE

Write the Scripture reference and read it twice.

02 CONTEXT

Who is speaking, and what is happening around these words?

03 WORD OR PHRASE

Copy the part that invites closer attention.

04 WHAT THIS REVEALS ABOUT GOD

Name a specific action, character, promise, or invitation.

05 WHAT THIS TOUCHES IN ME

Notice your honest response without editing it.

06 PRAYER

Answer God in ordinary, truthful language.

07 RESPONSE

Choose one small action or posture for today.

08 CARRY AND REVISIT

Keep one phrase close and choose when to return.

One worked worksheet

This is what a finished sheet looks like. Short is normal; the value is in returning, not in filling every line.

PASSAGE

Psalm 46:10

CONTEXT

A song of refuge spoken amid upheaval, conflict, and fear.

WORD OR PHRASE

Be still, and know that I am God.

WHAT THIS REVEALS ABOUT GOD

God remains present and sovereign when the world feels unstable.

WHAT THIS TOUCHES IN ME

I am trying to control an uncertain conversation because I am afraid.

PRAYER

God, help me remember that I am not holding the world together.

RESPONSE

Wait ten minutes, breathe, and reread before I respond.

CARRY AND REVISIT

You are God; I can be still. Revisit tomorrow evening.

Adapt it for families and small groups

With children, use only four prompts: What did you notice? What does this show us about God? What would you like to say to God? What can we remember today? In a group, give everyone a private worksheet and make sharing optional. Invite people to share a phrase or prayer rather than asking them to explain every personal response.

Establish confidentiality before the reading. Do not correct someone's emotional response in the moment; return theological questions to the passage and trusted study afterward. The page can support conversation, but it should never pressure disclosure or replace pastoral care when a participant raises a serious concern.

What did you notice?

What does this show us about God?

What would you like to say to God?

What can we remember today?
