



TUNING IN TO QUIET

A 31-Day Journal

By

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Welcome...

Hello, friend. I'm so glad you're joining me on this journey toward cultivating a quiet heart. What you'll find in these pages are a complement to the book *Sanctuary*.

In the book, you'll find at the end of each chapter a few reflection questions for contemplation and one suggested action for cultivation. This journal provides additional space for responding to those questions and adding your own thoughts, feelings, and experiences as well.

Every journey is made sweeter when we sojourn together, so invite a friend to join you. Together, you can discuss what you're learning and how you're growing.

And, of course, I'd love to hear how things are going, so be sure to share with me your process as you are cultivating a quiet heart and leading a quiet life. I look forward to hearing from you!

Are you ready? Let's begin!

Warmly,
Denise

Getting Started!

*“But we encourage you, brothers and sisters, . . . to seek to lead a quiet life.”
1 Thessalonians 4:10-11*

CONTEMPLATE

1. Do you feel unusually tired? Are you weary from online noise? Do you sense an inner restlessness, and you can't quite pinpoint the cause? Do you sometimes wish you could run away to a cabin in the woods or a remote island? If your answer is yes to any of these questions, what do you think the source of your exhaustion might be? Write down whatever comes to mind.

2. How would you describe a quiet life to someone? What characteristics are common to a person who is leading a quiet life?

3. What misconceptions might some people have about leading a quiet life?

CULTIVATE

Write down what you hope to gain throughout this 31-day journey.

Day 1

*“You will be delivered by returning and resting; your strength will lie in quiet confidence.”
Isaiah 30:15*



CONTEMPLATE

1. Have you ever taken an extended sabbatical from social media? If so, what was it like? What, if anything, did you learn or gain from that experience? If not, what has held you back?

2. What are some ways people today try to create their own “gardens” of paradise? In other words, what kinds of things offer people a chance to “shed their limitations” and perhaps find an earthly sanctuary or temporary reprieve?

CULTIVATE

Is there an area in your life where you feel a deep sense of dread or unease at the thought of giving it up? Write down any areas in your life that come to mind.

Consider whether or not this area might be something or someone you lean on more than God. If so, ask God for his forgiveness and bask in the knowledge that when “we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness” (1 John 1:9). In doing this, you are, in effect, “returning and resting,” just as Isaiah prescribed, and inviting God to take it from there.



Day 2

*“Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!”
2 Corinthians 5:17*



CONTEMPLATE

1. What might you miss if you take some time off from social media or one of your favorite social apps?

2. Just as God gave Paul a new identity, God gives every person who believes in him a new identity (Romans 16:31). How has knowing Christ as your savior changed you?

CULTIVATE

Consider your own online usage and ask yourself which online activities tend to give you a sense of identity. Make a list below.

From this list, choose one online activity you enjoy and consider giving it up for the duration of these 31 days. It could be a social app, like Instagram or Voxer, or it could be an online game. It could be anything that serves as additional “noise” in your life. Write down the one online activity you are considering giving up.

By giving this up, you will be creating space in your life for something else, something quieter and more fulfilling, which we will talk about in the next chapter.



Day 3

*"We all, with unveiled faces, are looking as in a mirror at the glory of the Lord and are being transformed into the same image from glory to glory; this is from the Lord who is the Spirit."
2 Corinthians 3:18*

CONTEMPLATE

1. If we become what we behold, what are you beholding on a daily, or even hourly, basis?

2. How do these things shape the way you view yourself?

3. How might gazing into God's Word on a daily basis shape how you view God, the world, and yourself?

CULTIVATE

On Day 2, you were challenged to give up a source of noise or distraction in your life for these 31 days. Now let's fill that space by focusing our attention on the mirror of God's Word. If you're not sure where to start, begin by reading a few Proverbs or a Psalm each day. And if you are already in the habit of reading the Bible each day, go one step further and write out the verse at the top of each daily devotion. Below, check which plan you are going to pursue. *You can also check out more Bible reading plans at denisejhughes.com/plans.*

- I'm going to begin reading one chapter in Proverbs each day.
- I'm going to begin reading one chapter in Luke each day.
- In addition to my normal Bible reading, I'm going to write out the daily Bible verse.

Day 4

*"I have asked one thing from the LORD; it is what I desire:
to dwell in the house of the LORD all the days of my life..."
Psalm 27:4*



CONTEMPLATE

1. How do our cares and worries add to the noise in our restless hearts?

2. How would you describe a quiet heart to someone? What does a quiet heart look like and feel like?

CULTIVATE

Today, enter the sanctuary of God's presence and list the ways you feel stretched right now. Write down the cares of your heart.

Now invite God into each of those circumstances. Ask for his wisdom. Then ask God to give you a one-thing heart, a heart that truly wants only one thing: Christ. In the space below, write out your prayer.



Day 5

*“The LORD...is my refuge and my fortress, my God in whom I trust.”
Psalm 91:2*

CONTEMPLATE

1. Name some of the safest places you have ever known. What did those places have in common?

2. Whenever I think of the safest places I have known, they weren't just locations, they included special people who were always safe to be around. Who have those safe people been in your life?

3. How is Jesus different from every other person you have ever met? What are some of his attributes?

CULTIVATE

Prayerfully consider who you might ask to join you on this journey—someone you can trust, someone who is for you, and above of all, someone who is wholeheartedly committed to serving Christ. Write that person's name here: _____

Then make a list of all the reasons why you can always—ALWAYS!—trust Jesus.

Day 6

*“This is the message we have heard from him and declare to you:
God is light, and there is absolutely no darkness in him.*

1 John 1:5

CONTEMPLATE

1. Have you ever known a season of sadness, when it felt as if the darkness was closing in? How has the God of Light already spoken hope into those times and seasons?

2. Articulate in your own words how the single source of light in that old tent-sanctuary points us to Christ.

CULTIVATE

Today, let’s do something super easy but always life-giving. In the evening, slip outside to catch those final moments when that ring of fire in the heavens drops from view. Or, if you’re reading this after the sun has already gone down, set your alarm to wake up early and watch the sun rise! Then in the space below, write out this truth: *Every sunset is like a promise, reminding us that Light will come again soon.*

As you intentionally press pause on your day to watch the light God hung in the sky, write down three things you want to praise God for.

- 1. _____
- 2. _____
- 3. _____

Day 7

*“For the LORD your God has blessed you in all the work of your hands. He has watched over your journey through this immense wilderness. The LORD your God has been with you these past forty years, and you have lacked nothing.”
Deuteronomy 2:7*

CONTEMPLATE

1. In what areas of your life do you have a tendency to “overdo it”? How might this tendency reveal a hidden lack of trust in God?

2. What kinds of limits might be helpful in those areas where you struggle? What are some practical ways you could begin to implement these limits?

3. How might an inner restlessness begin to turn into an inner quietness as a result of incorporating these healthier limits?

CULTIVATE

Maybe you already do this, but one of the simplest ways we can cultivate a quiet life is by setting for ourselves a consistent bedtime and sticking to it. Write down the time that would be a reasonable bedtime for you: _____

Then pray: *Thank you, Lord, for this day. I now leave the rest of the work waiting for me until tomorrow, for I know that I am not the real provider here; you are.* Then let sleep come in the sweetest of ways.

Day 8

*“Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.”
Psalm 139:23-24*

CONTEMPLATE

1. What are the ambitions of your heart? (It’s okay to be really honest here!)

2. Of the five “diagnostic” questions in the chapter for Day 8, which one struck you as most poignant? Why do you think that is?

3. If others were to look at your life, would they say that leading a quiet life is one of your ambitions?

CULTIVATE

A big part of cultivating a quiet life is leading an others-centered life. So, in returning to the first “diagnostic” question, can you think of someone in your life who you can befriend for the sheer sake of enjoying that person’s company and not for any other kind of benefit, either personally or professionally? Write that person’s name here: _____

Then write down one specific way you can reach out to this person and then do it.

Day 9

“Humble yourselves, therefore, under the mighty hand of God, so that he may exalt you at the proper time, casting all your cares on him, because he cares about you.”

1 Peter 5:6-7



CONTEMPLATE

1. Have you ever shared something in a context you later regretted? If you could do it all over again, what would you do differently?

2. How does social media encourage and legitimize sharing and even oversharing? How does this lend itself to more online noise?

3. God promises to exalt his followers “at the proper time,” which could happen later in this life or in the next. How might this biblical truth encourage you as you experience, and sometimes endure, difficult circumstances in the here and now?

CULTIVATE

Today, consider some ways you can follow Paul’s command when he says we should mind our own business. Name one concern you’ve had lately, and instead of bringing it to others via a digital pathway, bring your concern directly to God by writing it out in the space below.



Day 10

*“When I am filled with cares, your comfort brings me joy.”
Psalm 94:19*



CONTEMPLATE

1. When you need a few words of encouragement, where do you turn? List as many things as you can think of.

2. After making your list of go-to sources for encouraging words, sort that list into three categories: people, places, digital spaces. Then circle the category where do you tend to go the most for encouragement?

People	Places	Digital Spaces

3. Read Psalm 94:19 several times. How have you known God in his Word as a source of comfort and encouragement?

CULTIVATE

Place three key Bible verses on your phone that you will go to first whenever you need encouragement. Perhaps use the notes app, or if you're going solely analog, use a regular ole' index card. Write down your three favorite encouraging Bible verses. And if you're not sure which ones to go with, pick any three verses you find in this journal or look up these and start here: Psalm 121:1-2, Isaiah 41:10, Romans 15:13.



Day 11

"...a time to be silent and a time to speak..."
Ecclesiastes 3:7



CONTEMPLATE

1. When it comes to online sharing, what kinds of stories do you most often find in your feed? Do you notice any patterns?

2. Has there ever been a time in your life when you felt impressed to remain quiet about a specific situation? If so, what were the challenges and what were the blessings that came from being quiet about it? If not, what kinds of scenarios can you think of where it might be wise to refrain from broadcasting the details of a particular situation?

3. As much as this book emphasizes the beauty of cultivating a quiet heart at rest in God's presence, it's also important to have those flesh and blood people in your life who you can share your life with, especially when times are hard. Who are those go-to people in your life?

CULTIVATE

The people I know I can call when life gets hard? I call them my "casserole friends." They're the ones who will bring a casserole—or any kind of meal—when life gets topsy-turvy. Who can you be a "casserole friend" to today? Write their name here: _____

What meal will you bring them? And when? _____



Day 12

“Peter got up and went with them. When he arrived, they led him to the room upstairs. And all the widows approached him, weeping and showing him the robes and clothes that Dorcas had made while she was with them.”
Acts 9:39

CONTEMPLATE

1. Have you ever received a handmade gift that someone poured their heart into making? Why are handmade gifts extra special?

2. What kinds of things do you like to create or build with your hands? What kinds of hands-on activities or hobbies would you like to be able to do if you have the time and resources to learn how?

3. Why is working with our hands an important part of leading a quiet life?

CULTIVATE

Write down some of the ways you like to serve with your hands.

Day 13

*“Then Jesus then took the loaves, and after giving thanks he distributed them to those who were seated—so also with the fish, as much as they wanted.”
John 6:11*

CONTEMPLATE

1. How has someone been a blessing to you by doing a “small thing” that mattered to you in a big way?

2. What are some of the “small things” you enjoy doing for others?

3. How is leading a quiet life one small way we can point to a big God?

CULTIVATE

In a world that likes to lavish praise on big things, a person leading a quiet life finds solace in small things, knowing that all things matter to God, and in his hands, our small things become his big things. Today, identify and write down one small way you can consistently contribute to others. Pick a small thing you either do already or would like to start doing, and let that be “your thing.”

Day 14

*“Your word is a lamp for my feet and a light on my path.”
Psalm 119:105*



CONTEMPLATE

1. Have you ever bristled against someone who “commanded” you to do something? What happened? Why is it in our nature to reject authority?

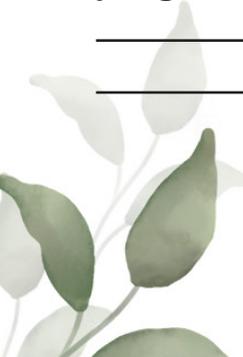
2. Why is it important that a person in authority be a person who is both humble and wise, as well as someone who genuinely wants what is best for us?

3. How have you settled this question: Who has ultimate authority in your life?

CULTIVATE

Consider the various authority figures in your life over the years. For most of us, we’d say our parents, pastors, teachers, and bosses. Who else would you add to this list?

After looking over your own list, honestly ask yourself where you would place God’s Word on that list. What might it “cost” you to submit to God’s Word as the final authority in your life? What might you gain?



Day 15

*“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.”
2 Corinthians 1:3-4*

CONTEMPLATE

1. What are some of your favorite comforts?

2. How would you explain to a friend the difference between words of comfort and words of conviction? How is conviction different than condemnation?

3. How have you known God as the greatest comforter?

CULTIVATE

Consider practicing one or more of the following postures when you pray:

- Kneeling.
- Holding open hands.
- Lying prostrate.

What do each of these postures communicate?

Day 16

*“... choose for yourselves today: Which will you worship...
As for me and my family, we will worship the LORD.”
Joshua 24:15*

CONTEMPLATE

1. What are you mostly known for now? In other words, where do you spend most of your time? What do you spend most of your time doing?

2. Ultimately, what do you want to be remembered for?

3. How might our physical presence communicate love for others?

CULTIVATE

Today, let's communicate our presence by putting our phones away so we can devote our focus to those around us. In this key way, we can show our love. To be proactive, plan ahead for where you will place your phone when you're in each of the following situations:

When I am sharing a meal with someone, I will put my phone _____

When I am having a conversation with someone, I will put my phone _____

When I am driving, I will put my phone _____

Day 17

“For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”
2 Corinthians 4:17-18

CONTEMPLATE

1. When you are feeling stressed, how does that stress manifest itself in your body?

2. Do you tend to say yes to too many things and take on too many commitments? Why do you think that is?

3. While rest is always helpful, how is a shift in perspective also a necessary part in cultivating a quiet heart? In other words, why is it crucial that quiet hearts see with spirit eyes that this world is not our home, that we are pilgrims passing through?

CULTIVATE

Let's practice shifting our perspective. Take a moment and look around you. What do you see?

Remember: Everything you see is temporal. Ask God to help you remember that there is so much more to this life than what we can see with our eyes. Today isn't about doing as much as it is about seeing—seeing the things around us and the activities in front of us as temporary things in a temporary world.

Day 18

*"I have learned to be content in whatever circumstances I find myself."
Philippians 4:11*



CONTEMPLATE

1. Have you ever toured a mansion or a castle? Do you ever watch those TV shows or Instagram REELS that depict extravagant lifestyles? Why are people naturally drawn to those types of things?

2. In the case of Solomon, why was an overabundance of wealth part of his downfall?

3. While the original tabernacle held a few gold furnishings, why do you think God wanted his sanctuary to be relatively free from a multitude of material things?

CULTIVATE

For our hearts to be truly free from the talons of material things, we need to practice generosity. We need to give, not only from our abundance, but we need to give sacrificially, too. Today, prayerfully ask God to bring someone to mind. Write that person's name below.

Then ask God to show you how you might give away something of yours to that person. Write down what you think you might want to give away.



Day 19

*“But everything that was a gain to me, I have considered to be a loss because of Christ.”
Philippians 3:7*

CONTEMPLATE

1. It’s so easy to let our losses define us. In what ways have certain losses defined you in the past?

2. How can those same losses be redeemed as a way for God to refine you? In other words, how can your losses become entry points for God to enter into your life for you to experience a closer fellowship with him?

3. How would you describe to someone who doesn’t know Christ how you can consider your losses to be gain because of Christ?

CULTIVATE

Today, let’s be intentional to refuse to be defined by our losses. Instead, let’s ask God to refine us by entering in through our losses to reveal more of himself to us. In the space below, write down how God lovingly defines you.

Day 20

*"I am the vine; you are the branches.
The one who remains in me and I in him produces much fruit,
because you can do nothing without me."
John 15:5*



CONTEMPLATE

1. Where do you naturally turn when life turns hard?

2. Have you ever read the tiny book of Habakkuk? What does it say to you that God welcomed the sincere questions his prophet asked?

3. Do you feel comfortable going to God with your questions? Why or why not?

CULTIVATE

Today, spend a few moments writing out your questions. It's okay to be real with God!



Day 21

*“Therefore say, ‘This is what the Lord GOD says: Though I sent them far away among the nations and scattered them among the countries, yet for a little while I have been a sanctuary for them in the countries where they have gone’”
Ezekiel 11:16*



CONTEMPLATE

1. Have you ever traveled to a distant country? If so, what was it like? If not, is there somewhere you would like to go someday?

2. How do the words of Psalm 139 bring comfort to you, knowing that God is with you wherever you go, whether you’re in your living room or on the far side of the sea?

3. Are you used to thinking of a sanctuary as a literal place? How does your view of the idea of sanctuary change knowing that God is your sanctuary, even in the midst of ordinary days?

CULTIVATE

Write down all the places you go to during the week. Then thank God for being with you there!

God is with me when I go to _____
God is with me when I go to _____
God is with me when I go to _____
God is with me when I go to _____
God is with me when I go to _____



Day 22

*“And let us consider one another in order to provoke love and good works, not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.”
Hebrews 10:24-25*

CONTEMPLATE

1. What is your favorite part of attending church? Who would you miss the most if you're not there?

2. It's easy to list all the things that are “wrong” with the church today, whether we're talking about the global church at large or the local church down the street from our house. But what are some of the things that are right? Make a list of all the ways your local church is a blessing.

3. Why is it only possible to commune in real space and time?

CULTIVATE

Communion is more than the bread and the cup. It means to commune with God among his people. In the space below, describe your current habit of attendance—whether it's hit and miss or super consistent. (And don't worry—there's no judgment here!)

Then, in your own words, write a brief but personal “manifesto” for why it's important to embrace the habit of gathering regularly with God's people in the sanctuary.

Day 23

“In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings.”
Romans 8:26

CONTEMPLATE

1. Have you experienced a season when you just didn't know how to pray and the words evaded you? How would you describe such a season to someone else?

2. How does prayer signify our dependence on God?

3. Do you ever intentionally turn off all the sounds around you? Why or why not?

CULTIVATE

Once you've settled in for a few minutes of silence and solitude, try the following as you pray:

- Read the Psalms.
- Express praise for some of God's attributes.
- Tell God what you're grateful for and who you're grateful for.
- Confess any area of sin in your life.
- Share with God what your most pressing needs are.
- Write the names of those you're praying for, along with a specific request for each person.
- Thank God for being a God who hears us when we pray.
- Practice patience; a prayer life deepens with time.

Day 24

*“He must increase, but I must decrease.”
John 3:30*



CONTEMPLATE

1. How would you rate yourself on the scale of talkativeness? Do you consider yourself more of an introvert or extrovert? Circle your answer below.

Super Introverted 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 Super Extroverted

2. How would you explain to an extrovert that leading a quiet life has nothing to do with one’s natural temperament?

3. What kinds of online actions attract large followings? Why is a quiet life not really conducive to attracting large followings?

CULTIVATE

Since our focus follows our attention, spend a day following your focus. In both your online spaces and your real-life places, how often are the conversations you have and posts you read pointing you to Christ? Or, how often are they pointing you to the person who is sharing? In the space below, write what you discover.



Day 25

*“God has chosen what is foolish in the world to shame the wise,
and God has chosen what is weak in the world to shame the strong.”
1 Corinthians 1:27*



CONTEMPLATE

1. Why does God consistently choose what is “lowly” in the eyes of the world to do great things for God’s kingdom?

2. How might this truth give you hope as you pursue a quiet life?

3. Who do you know who has lived a full life and has stayed true to following God to their very last days? How has this person exhibited a life that focuses on Christ and on serving others?

CULTIVATE

Who has been a godly example in your life? Write this person’s name below.

We are never too old for a mentor! We are never too old to look to someone whose life we would like to emulate. Who in your local church might you connect with as a potential mentor? Consider someone who is older than you in both years and in faith. Write this person’s name below. The do what you can to spend time with this person.



Day 26

*“For the mouth speaks from the overflow of the heart.”
Matthew 12:34*



CONTEMPLATE

1. What are some of your favorite life hacks for establishing healthy boundaries with your smartphone?

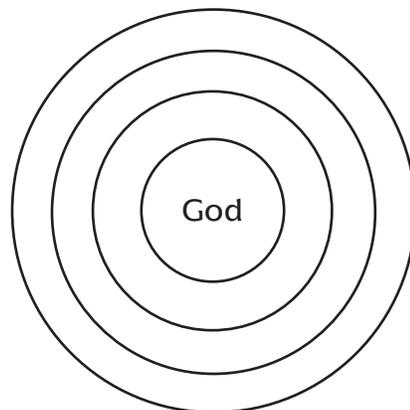
2. Why do you think Jesus chose the example of the fruit tree to illustrate the overflow principle?

3. Where have you observed the overflow principle at work? Whether at work or school or church?

CULTIVATE

Label each level of the concentric circles with the actual names of those who hold the highest priority in your life, with the highest priority being the center.

1. God.
2. Family.
3. Friends, neighbors, and coworkers.
4. Acquaintances in other zip codes and time zones.



Life flows from the center outward. A healthy relationship with God will overflow into a healthier relationship with your family, then your friends, and so forth.



Day 27

*“The heavens declare the glory of God, and the expanse proclaims the work of his hands.”
Psalm 19:1*

CONTEMPLATE

1. Have you ever visited a National Park? If so, which one? If not, which one most interests you and why?

2. What is one way you actively seek to combat the sedentary nature of using technology?

3. In your own words, how would you explain to someone that being outside in God’s creation is like being in his sanctuary?

CULTIVATE

Find a place outside that is especially beautiful to you. Select someplace outdoors that is easy to get to from your house and make it your “sanctuary” where you can regularly savor the beauty of God’s creation. Write down three possible outdoor locations near your home.

- 1. _____
- 2. _____
- 3. _____

Now set aside a specific day and time when you can be in the sanctuary of God’s amazing creation without the noisy distractions of modern technology. Write that day and time here.

Day: _____

Time: _____

Day 28

“As they were eating, Jesus took bread, blessed and broke it, gave it to the disciples, and said, ‘Take and eat it; this is my body.’ Then he took a cup, and after giving thanks, he gave it to them and said, ‘Drink from it, all of you. For this is my blood of the covenant, which is poured out for many for the forgiveness of sins.’”
Matthew 26:26-28

CONTEMPLATE

1. Do you recognize any of the four pseudo-gospels in some of the posts in your social media feed? Which ones, if any?

2. Why do you think some “Christian” influencers are reluctant to talk about the blood that Jesus poured out for our sins?

3. If you were to share the gospel of Jesus Christ with a friend, what would you say?

CULTIVATE

Write down the basic tenets of the true gospel of Christ so you can quickly discern truth from error whenever you hear it, whether that’s in online spaces or real-life places. *And if you want some help on this, check out the resources at www.denisejhughes.com/gospel.*

Day 29

“The God of all grace, who called you to his eternal glory in Christ, will himself restore, establish, strengthen, and support you after you have suffered a little while.”
1 Peter 5:10

CONTEMPLATE

1. What does 1 Peter 5:10 have to say about the timeframe for suffering? How might this truth bring comfort?

2. Can you think of a situation in your life where someone showed you grace? Or perhaps a time when you showed grace to someone else? What happened?

3. How would you describe God’s grace to someone who is unfamiliar with this concept?

CULTIVATE

Today, let’s use our favorite digital spaces for redemptive purposes! Tell the story of how the gospel of grace has changed you. Explain how God’s grace did for you what you could not do for yourself. Be a voice for his grace today. Use the space below to draft what you want to say.

Day 30

*“Praise God in his sanctuary. Praise him in his mighty expanse.”
Psalm 150:1*



CONTEMPLATE

1. What is the primary command in Psalm 150:1? How can you personally fulfill this command?

2. No matter what our current circumstances might be, why do we always have reason to give God praise?

3. Why are shouts of praise considered congruent with leading a quiet life?

CULTIVATE

Today, lift up your voice in a shout of praise. Yes, I said *shout!* Write out your shout of praise in the space below!



Day 31

*“Not that I have already reached the goal or am already perfect,
but I make every effort to take hold of it because I also have been taken hold of by Christ.”
Philippians 3:12*

CONTEMPLATE

1. Why is it important to look back at the tabernacle-sanctuary in the Bible and learn the ways it pointed toward Christ?

2. Why is it important to look ahead to that heavenly sanctuary where we will one day be in the presence of God?

3. Why is it important to cultivate a quiet sanctuary of the heart, right here and now?

CULTIVATE

Today, I want to encourage you to keep going. Go, saint, go! Keep your eyes fixed on Christ. In the space below, write out the verses from Hebrews 12:1-2 using your favorite Bible translation.



Wrapping Up...

This is, of course, not the end, but only the beginning. Cultivating a quiet heart and leading a quiet life is a process. We will make progress. And at times we will falter. But then we will move forward again, trusting that God is holding us together, strengthening us and renewing us as we go.

This journey isn't about arriving; it's about moving in the same, continuous direction. It's about knowing where to go and to whom we can turn when our hearts desperately need sanctuary from the loud and raucous world around us.

In Christ alone we find respite.
In Christ alone we find solace.
In Christ alone we find peace.

All of this leads to a quiet confidence, knowing that God is good.

Friend, I'd love to hear how your journey has been and where God is leading you. Connect with me at denise@denisejhughes.com. And let's join our voices in praise of the One who is worthy of it all.

Journeying Together,

Denise