

Be Still and Know that I Am the God who Heals
Quiet Reflection and Journaling ☩ November 8, 2025



During this time of quiet reflection, we're asking two basic questions: What do I want to ask of the Lord, and what does He want to say to me at this time? We then wait, listening for His response. ☩ Let these questions guide your reflections and help you identify the things you want to process with the Lord. Take time to quiet your mind. Ask the Lord to help you hear what He is saying, and to give you freedom to pour out whatever is on your heart. ☩ The value of this journaling time is that we can open the door to these subtopics, and along the way, highlight what we want to revisit in the days to come. These questions are drawn from our topic and the scriptures included on this page.

Psalm 103:1-5

¹ Bless the Lord, O my soul;
and all that is within me,
bless his holy name!
² Bless the Lord, O my soul,
and forget not all his
benefits,
³ who forgives all your
iniquity,
who heals all your
diseases,
⁴ who redeems your life
from the Pit,
who crowns you with
steadfast love and
mercy,
⁵ who satisfies you with
good as long as you live
so that your youth is
renewed like the eagle's.
(RSV)

Choose one or two of these for the retreat. The remainder can be used in your quiet times for the days to come.

1. God is the one who calls things that are not yet as though they are. Hearing what he calls you—uniquely, intimately, adoringly—is key to becoming who he already knows you to be.

Remember, you are in Christ! You are reconciled to God, holy in his sight without blemish and free from accusation (Col. 1:22). His words never condemn or bring guilt or shame. His words are life and sound like the Fruit of the Spirit.

Be still and let these words wash over you: "You are my beloved son/daughter, in whom I am well pleased."

2. Father, who do you say that I am?

What do you like about me?

What name do you call me?

3. Jesus, what about me today makes you proud?

How do you know me as nobody else knows?

What about my life brings glory to the Father?

4. Comforter, here's what I am mourning:

Let me experience who you are in this.

Rebecca recommends the workbook, Questions for Jesus by Tony Stoltzfus for more identify questions.