

JOURNALING TO  
ENCOUNTER HIS PRESENCE

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# Pause

AND REFLECT IN  
HIS PRESENCE

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IS THERE ANYTHING TROUBLING  
YOU RIGHT NOW THAT YOU  
NEED TO RELEASE TO GOD?

(deep wounds, hurts, fears, insecurities,  
anger, frustration etc.)

WHAT DOES MY SOUL  
MOST NEED RIGHT NOW?

WHAT IS MOST REAL  
FOR ME RIGHT NOW?

WILL YOU LET GOD IN  
SO YOU CAN TALK IT  
THROUGH?

WILL YOU LET HIM SIT WITH  
YOU IN THIS MOMENT?

LORD, WHAT DO YOU  
WANT TO SAY TO ME?

*Speak to me God I am listening.*

LORD, WHAT DO YOU WANT  
TO BE FOR ME RIGHT NOW  
THAT YOU COULDN'T BE FOR ME  
IN ANY OTHER MOMENT?

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INTO HIS PRESENCE

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# WALKING WITH THE LORD AND KNOWING HIS HEART

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SCAN THIS QR CODE FOR AN  
INSTRUMENTAL WORSHIP VIDEO  
FOR SOAKING IN HIS PRESENCE.



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ALL OF TODAY'S SESSIONS  
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