

The 7-Day Quiet Reset

A gentle return to stillness, discipline, and deeper awareness of God's presence.

This guide is not about striving. It is about remaining.

For seven days, you are invited to step away from distraction and create intentional space for God in the quiet. Each day follows a simple rhythm:

- Scripture
- Reflection
- 15 Minutes of Silence
- Written Response

Move slowly. Let the quiet do its work.

Day 1 — Making Room

Psalm 46:10

Be still, and know that I am God.

Stillness is not empty space; it is available space. Today is about creating room where God is welcomed rather than rushed.

Quiet Practice: Sit for 15 minutes without music or phone. Breathe slowly.

Journal: What fills my days that leaves little room for God?

Day 2 — Naming the Noise

Mark 4:19

The worries of this life... choke the word.

Distraction is rarely dramatic. It is subtle and steady. Notice what consistently competes for your attention.

Quiet Practice: Sit in silence and observe where your thoughts drift.

Journal: What distractions may be distancing me from intimacy with God?

Day 3 — Staying Present

Matthew 6:34

Do not worry about tomorrow.

An anxious mind lives ahead of where God is working. Return to the present.

Quiet Practice: With each breath, quietly say: “I trust You.”

Journal: Where am I living ahead of God instead of with Him?

Day 4 — Learning to Wait

Isaiah 40:31

Those who wait on the Lord shall renew their strength.

Waiting is not wasted time. It is strengthening time.

Quiet Practice: Sit without agenda. Resist the urge to fill the silence.

Journal: What makes waiting uncomfortable for me?

Day 5 — Examining Heart Posture

Psalm 139:23–24

Search me, O God, and know my heart.

God shapes posture before He shapes outcomes.

Quiet Practice: Invite God to gently search your heart.

Journal: What might God be correcting or refining in me?

Day 6 — Trusting the Quiet

Lamentations 3:26

It is good to wait quietly for the salvation of the Lord.

Silence is not abandonment. It is often preparation.

Quiet Practice: Sit with open hands, releasing expectations.

Journal: What am I afraid God might say—or not say?

Day 7 — Carrying the Quiet Forward

John 15:4

Remain in me, as I also remain in you.

The quiet is not meant to end—it is meant to become a rhythm.

Quiet Practice: Reflect on the week. Thank God for what surfaced.

Journal: What rhythm of stillness will I carry into daily life?