

## Week 3: Stillness, Intentional Response, and Habits for Spiritual Renewal

Speaker: Tamera Holliman

### Biblical Reflection, Stillness, and Focused Prayer

#### Why Stillness Matters

- Stillness creates space to know and trust God (Psalm 46:10).
- Jesus regularly withdrew to pray, showing the importance of intentional time with the Father (Luke 5:16).
- Reflection helps us recognize God's presence, guidance, and wisdom in our daily lives (Psalm 119:15-16).
- Focused prayer calms the heart and aligns our thoughts with God's will (Philippians 4:6-7).
- Discuss: Sometimes stillness feels uncomfortable because it reveals things we have been carrying. Yet God often meets us most clearly in those quiet places. Name a time when this happened to you.
- We don't slow down because we have nothing to do. We do it because our souls need space to hear God.

### Learning to Slow Down: Responding Rather Than Reacting

#### The Difference Between Reacting and Responding

- Reactions are often driven by emotion, pressure, or impulse.
- Responses are shaped by wisdom, prayer, and discernment.
- Slowing down allows us to listen before speaking and seek understanding before acting (James 1:19).
- Discuss: What are some things you currently do to help you be mindful of living in the present?
- Discuss: What are some things your mind is full of from the past? About the future?
- Past (Phil. 3:13)    • Future (Phil 3:14)    • Present (Gal. 5:25)

#### Biblical Principles

- Patience creates space for understanding (Proverbs 14:29).
- Self-control guards our words and actions during emotionally charged moments (Proverbs 25:28).
- There is wisdom in knowing when to speak and when to remain silent (Ecclesiastes 3:7).
- Discuss: A pause may only last a few moments, but those moments often determine whether we react from emotion or respond with wisdom. Name a time when pausing before you spoke helped you and the person you were speaking with.
- Wisdom often grows in the space between what happens to us and how we choose to respond.

### Developing Habits That Support Mental and Spiritual Renewal

#### Renewing the Mind

- Transformation begins with renewing our thinking (Romans 12:2).
- What we focus on shapes our perspective and influences our emotional health (Philippians 4:8).
- Consistent meditation on God's Word provides direction and stability (Joshua 1:8).
- Daily rhythms rooted in God's presence cultivate peace and steadiness (Isaiah 26:3).

#### Practical Habits

- Daily prayer    • Time in God's Word    • Reflection and journaling
- Worship and gratitude    • Intentional pauses throughout the day
- Discuss: Healthy habits do not earn God's love. They help us remain aware of His presence. What healthy habits have you practiced that helped you become more aware of God's presence?
- The small choices we make consistently often shape the direction of our lives.

Pathway to Emotional and Spiritual Health | “Understanding Your Inner Life”

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## Closing Reflection

- When we become still, we begin hearing God's voice more clearly.
- When we slow down, we create space for wisdom.
- When we renew our minds, we learn to see life from God's perspective.
- When we develop healthy spiritual habits, we build a foundation that helps us remain steady even when life feels uncertain. (Proverbs 3:5)

## Things to Think About

- What might God be saying that I have been too busy to hear?

## NOTES:

[illegible]