

Journal : Soul Reflection

Today's Date: _____

Quiet Time Start: _____ Quiet Time End: _____

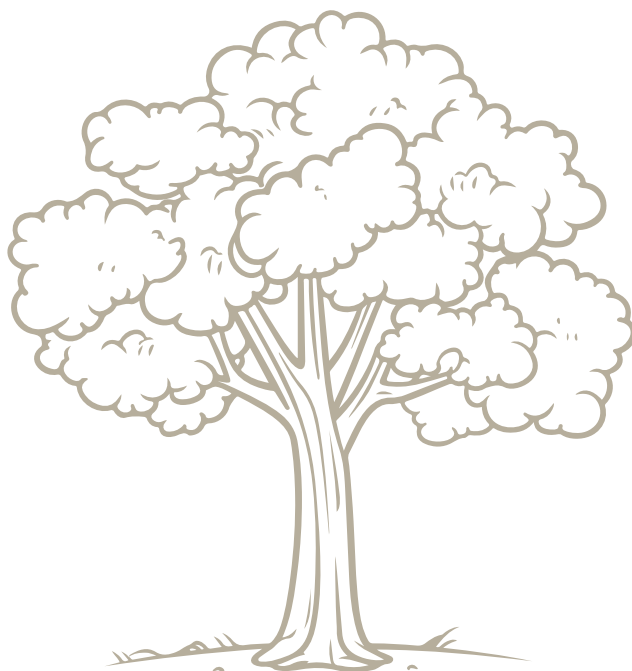
Environment/Setting: _____



Step 1: Enter Stillness

Sit in silence with no distractions — no phone, no music, no talking — just presence. Close your eyes and let yourself rest fully in the moment.

How do you feel entering into stillness today?



Step 2: Soul Reflection Questions

Ask yourself the following and respond honestly, gently, and without judgment:

1. Do I feel spiritually connected or disconnected? Why?

2. What does “being connected to God” feel like to me?

3. Have I felt that connection recently? If not, why not?



4. What feels missing from my soul right now?

5. What moments in my life felt the most spiritually alive — or the most broken?

Listen
TO YOUR
Soul



Don't rush the answers. Let what wants to rise... rise. Breathe. Pause. Listen. Write what comes without filtering.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

See you in the next practice. Stay connected. Stay open.

