Be Still

When do you have time to stop, be calm or relax?
Do you have a place to go to where you feel comfortable?

Sometimes our lives can be so busy with our phones, the internet, our learning, TV or seeing people, that we don't have time just to be still.

Many Christians believe that it is important to take time during their day, to be still, still our minds and spend time with God. and to speak and listen to God about what is going on in their lives. In the Bible it says, 'Be still and know that I am God' (*Psalm 46 verse 10).*

If you would like to, take a calm jar. Use this as an opportunity to be still, reflect or pray inside your head.