

# 7 Secrets To Seek The Still



In the midst of life's chaos,  
I forget the way of the still.  
These seven truths remind me  
who I am and whose I am.

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# Seeking The Still

L A U R A F L E E T W O O D

Be still and know that I am God.

Psalm 46:10

- 1 BE REAL**  
Unable to fill the void inside, I struggle. I fear. I strive, and I break. I wear a mask. I cannot fix myself. I need a Healer.
- 2 BE LOVED**  
The Almighty knows me and loves me. He created me. My Heavenly Father sees all, knows all, is all. His love transcends understanding. I am His beloved.
- 3 BE FREE**  
Jesus redeems me. He forgives me. The chains I wear are only of my own making. He is greater than sin. Greater than fear. Greater than death. He offers freedom for me, for all.
- 4 BREATHE**  
Overcome with stress and worry, my body neglects to breathe. One breath in and out sends calm. I remember to surrender control. The Breath of Life whispers. Trust me. Turn to me. It's all ok. Receive and rejoice.
- 5 REACH OUT**  
I'm a prisoner of my mind until I give voice to the thoughts that swirl. I know my tribe. I pray and tell my trusted ones.
- 6 SEE THE DIVINE**  
Miracles are everywhere. Love is lavished on the world. I look beyond the ordinary, beyond the pain, beyond the darkness. And there in the midst of it all, I find Divine.
- 7 DO THE NEXT RIGHT THING**  
The past is gone. The future is a phantom. I have only this moment. One step. I pause. I seek the still. And I trust the outcome to God.