

How to Sit Quietly With God

A gentle guide to experiencing God's presence
without performance



Rooted in Jesus. Led by the Spirit.
Living in Simplicity.

INTRODUCTION

You don't need the right words to meet with God.

You don't need to “pray hard” or “worship well” or “get it together.”

Sometimes, the most powerful step in your faith journey is the simplest one:

Just sit.

Just breathe.

Just be with God.

This is not about doing something for God.

This is about learning to be *with* Him.

Whether you're spiritually hungry, wounded, curious, or uncertain —

God is not far off. He's already near.

This short guide is here to help you enter that nearness.

PREPARE YOUR HEART

You don't have to feel "ready."

But it helps to create a little space.

- Find a quiet place where you won't be rushed
- Silence your phone or distractions
- You may want a journal, a verse, or nothing at all
- Take a few deep breaths and invite the Holy Spirit

You can pray simply:

*Holy Spirit, I'm here. I don't know what I need.
But I want to be with You. Help me be still.*

SITTING QUIETLY WITH GOD (5–10 Minutes)

Here's a simple rhythm you can follow:

1. Be Still

“Be still, and know that I am God.” – Psalm 46:10

Close your eyes if it helps.

Let your body settle.

Don't try to “do” anything — just breathe.

God is already here.

2. Breathe Deeply

Inhale slowly.

Exhale slowly.

Let each breath remind you of the life God gives.

You are not alone in this moment. You are being

held.

3. Welcome His Presence

You don't have to summon God.
You just get to welcome Him.

Try saying softly (out loud or silently):

Jesus, I welcome You here.

I want to be with You, even if I don't know how.

You may feel something.

You may feel nothing.

Both are okay — this is trust, not performance.

4. Listen Gently

Ask:

Lord, is there anything You want me to notice?

Don't force answers.

Just sit and receive whatever comes.

A word.

A picture.

A verse.

A feeling of peace.

Or simply... stillness.

5. Respond Honestly

If something stirs in you, talk to God about it.

If you feel nothing, you can still say:

Thank You for sitting with me, even in the quiet

SCRIPTURE TO MEDITATE ON

.If you'd like, reflect on one of these verses as you sit:

- *“Come to Me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28*
- *“The Lord is close to the brokenhearted.” — Psalm 34:18*
- *“My sheep listen to My voice; I know them, and they follow Me.” — John 10:27*
- *“Draw near to God, and He will draw near to you.” — James 4:8*

Let the words wash over you, not as study — but as relationship.

Closing Prayer

*Jesus, thank You for meeting me here.
Even when I didn't know what to say, You were near.
Help me carry this stillness with me today.
And teach me to return to it often. Amen.*

Remember

You don't need to "feel something" for this to matter.

You don't need to "get it right" for it to be real.

Stillness is not empty.

Stillness is a doorway.

Keep returning to it.

Even two minutes of quiet with God can become sacred ground.

