

Facing the Quiet

A Spiritual Check-In: What am I avoiding?

Sometimes, our lives get incredibly loud. We fill our schedules, we clean the house a second time, or we scroll endlessly on our phones. Often, that busyness isn't just about having a lot to do—it's a way to avoid something we aren't quite ready to face. Find a quiet spot, grab a pen, and let's invite God into the things we've been hiding from.

Part 1: Noticing the Noise

1. When I have five minutes of total silence, my first instinct is to:

2. Over the last week, what is one "busy" task I have used to distract myself from sitting still?

Part 2: Looking Closer

God invites us to bring everything into the light, without shame. Answer these honestly—nobody is grading you, and God already knows your heart.

3. If I am completely honest, what is the one task, conversation, or decision I keep pushing to "tomorrow"?

4. Why does facing this specific thing feel so heavy right now?

(e.g., I'm afraid of letting someone down, I don't know the right answer, it requires too much energy).

5. Is there a quiet nudge from the Holy Spirit or a conviction I've been trying to ignore lately?

Part 3: Truth from the Word

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

— Psalm 139:23-24 (NIV)

6. How does it change your perspective to realize God already sees exactly what you are avoiding—and He loves you entirely anyway?

Part 4: A Gentle Step Forward

God rarely asks us to fix everything all at once. He usually just asks for our obedience in the very next step.

7. What is one small, realistic action you can take this week to stop running from this?

(Keep it simple—like sending one text message, spending 10 minutes in prayer about it, or writing a hard email).

8. Write a short, honest prayer asking for God's courage to face this week's step.

Important Educational Note: This worksheet is provided as a free educational resource for personal spiritual reflection. It is not intended to be a substitute for professional medical advice, diagnosis, or mental health counseling. If you are experiencing overwhelming distress, please reach out to a licensed medical professional or a crisis support line.