

Choosing Stillness

By Tim Hawkinson, p. 49

Finding the calm and confidence that can silence the inner fear-fueled voice

1. Where do you find peace and quiet?
2. What does emotional stillness mean to you?
3. Tim Hawkinson says, “I cannot shout and pay attention at the same time.” How would you relate your own experiences with that statement?
4. How do you find stillness in seasons of trial?