



## WEEK 5: BE STILL



# SURRENDER

### How to pray this week

Last two weeks ended with an act of giving. You gathered everything you found — everything you're still holding, everything you don't yet understand — and placed it into hands larger than your own.

This week we do not add to what was given. We stay with it.

Both **the opening and closing practice change** this week — not in structure, but in **duration and depth**.

Opening: **five minutes**. Not three. Find your bow. Let the breath arrive. Find your posture. Hold your Word. Five minutes of committed staying.

Closing: **three minutes**. Not one. Take your posture. Hold your Word. Whatever comes — hold it.

You will want to move. Something will itch, or tighten, or drift. This is not a problem — it is the practice. Breathe in. If you still need to move, move on the exhale. Then return.



### BEFORE YOU BEGIN

If you haven't yet completed Weeks 1–4 — not just read them, not just answered in your head, but actually put pen to paper or stylus to screen — please stop here.

This week's work builds on everything you have found and offered in those four weeks. Without your bow, your posture, your word, your harvest — this week has nowhere to depart from.

If Weeks 1–4 are complete: welcome.

You are ready for what comes next.



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## Your Word this week

In previous weeks, you chose your word by sound — listening for what found you in the list. This week, before you choose, we ask a different question first.

Before you open the list, sit in your posture, take a breath, and ask:

***“Lord, which is the word you want me to pray with today?”***

Then open the list. You may find a word rises immediately.

You may find a stillness instead of a word — that stillness is also an answer.

Wait with it.

Notice the difference between curiosity — wanting to know what a word means — and **recognition**: the sense that a particular word is the one you will return to. You are not looking for a new word each day. You are listening for the word that may become your permanent word of encounter — the word that will live on your breath whenever you come to pray.

## Lord, which is the word you want me to pray with today?

Shema · sh-MA

Ruach · ru-ACH

Ahava · aha-VA

Tahor lev · ta-HOR / LEV

Nefesh · NE-fesh

Me'od · me-OD

Za'ak · za-AK

El Shaddai · EL / sha-DAI

Elohim · e-lo-HIM

Bara · ba-RA

Nishmat chayyim · nish-MAT / chay-YIM

Neshama · ne-sha-MA

Lev chadash · LEV / cha-DASH

Chesed · CHE-sed

Shalom · sha-LOM

Emunah · e-mu-NA

Rachamim · ra-cha-MIM

Hineni · hi-NE-ni

Selah · SE-lah

Adonai · a-do-NAI

Tzaddik · tza-DIK

Dabar · da-VAR

Emet · E-met

Tzur Yeshuati · TZUR / ye-shu-A-ti



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## The quality of this week's stillness

This week, consider **limiting the noise in your life:**

social media, television, films, series,

the constant reach for something to read or watch or fill the silence with.

Not as a discipline. Not as an additional task.

But as a simple act of making room — creating the inner quiet into which something that is already speaking might finally be heard.

## PRAYER



## TO OPEN EACH DAY:

Choose your **Word**. Note it down. Check its meaning. Pray the Shema.

*Hear, [say your name], the Lord is your God. The Lord is One.*

Set your timer for **five minutes**. Find your bow. Let the breath arrive. Find your posture. Hold your Word inside all of it — not thinking about it, just letting it be present, the way a held object is present in a closed hand.

## TO CLOSE EACH DAY:

**Lord, You crossed a storm to reach the far shore.**

**Cross whatever separates us now.**

**Come and be at work in what I've found here  
— even the parts I don't yet understand. Amen.**

Set your timer for **three minutes**. Take your posture. Hold your Word. Whatever comes — hold it.



## WEEK 5: BE STILL

### DAY 1 — READ

#### The Opening Prayer

*Today's Word:*

Read the core story slowly, once. Then read it again. Don't look for the important parts. Don't try to understand it. Let it move through you the way the word "be still" moved through Asher's body — before his mind could decide what to do with it.



Then sit with today's scripture.

**Say it aloud** once, with your name in it. Notice where in your body you feel it. Notice where you resist it. Notice where it wants to land and cannot — yet. Jot down whatever arrived. No full sentences needed.

BEFORE I FORMED YOU IN THE WOMB  
I KNEW YOU, [YOUR NAME].

JEREMIAH 1:5

Loose associations — word, image, whatever passed through:

Pray the closing prayer





## WEEK 5: BE STILL

### DAY 2 — REST

#### The Opening Prayer

*Today's Word:*

I HAVE CALLED YOU BY NAME,  
[YOUR NAME] — YOU ARE MINE.

ISAIAH 43:1

Go back to today's scripture.

Say it aloud — slowly, with your name in it.

Where does the word “mine” land in your body?

Where does it slip past without entering? Sit with that place.

Hold your Word inside it.

Jot down whatever arrived.

Loose associations — word, image, whatever passed through:

Pray the closing prayer



## WEEK 5: BE STILL

### DAY 3 — LISTEN

#### The Opening Prayer

*Today's Word:*

THE LORD YOUR GOD IS IN YOUR MIDST.  
HE WILL REJOICE OVER YOU, [YOUR NAME], WITH  
GLADNESS; HE WILL QUIET YOU BY HIS LOVE.

ZEPHANIAH 3:17

Say today's scripture aloud, slowly, with your name.

"He will quiet you by his love."

Where in you is not yet quiet? Bring that place into the stillness. You are not trying to resolve it. You are letting it be present in the light of what is being spoken over you.

Jot down whatever arrived.

Loose associations — word, image, whatever passed through:

Pray the closing prayer





## WEEK 5: BE STILL

### DAY 4 — HOLD

#### The Opening Prayer

*Today's Word:*

YOU DID NOT CHOOSE ME  
— I CHOSE YOU, [YOUR NAME].

JOHN 15:16

Say today's scripture aloud, slowly, with your name.

You did not arrive at this practice by accident. You did not choose the word that found you by accident. Let that settle. Chosen — not for your performance or your progress — chosen before the choosing began.

Sit with the boundary question: where do you end and where does God begin? Hold the opening. Don't resolve it.

Jot down whatever arrived.

Loose associations — word, image, whatever passed through:

Pray the closing prayer



## WEEK 5: BE STILL

### DAY 5 — RECEIVE

#### The Opening Prayer

*Today's Word:*

CAN A MOTHER FORGET THE BABY AT HER  
BREAST? EVEN IF SHE SHOULD FORGET,  
I WILL NOT FORGET YOU, [YOUR NAME].

ISAIAH 49:15

Say today's scripture aloud, slowly, with your name.

What you screamed on your worksheets — all of it — was already enveloped in this. Every word you wrote was written inside a light that was already present, because you called upon his name from the very beginning.

The Word you have been holding is already his presence.

Sit with that. Let it be larger than what you understand.

Jot down whatever arrived.

Loose associations — word, image, whatever passed through:

Pray the closing prayer



## WEEK 5: BE STILL

### DAY 6 — STAY

#### The Opening Prayer

*Today's Word:*

I HAVE LOVED YOU, [YOUR NAME],  
WITH AN EVERLASTING LOVE.

JEREMIAH 31:3

Say today's scripture aloud, slowly, with your name.

"Everlasting" means before your worst day and after your best one.

It means it was true before you believed it.

It means it holds even what you have not yet brought.

Stay in the stillness. Chew on the word your posture is holding. Notice where you are being met.

Jot down whatever arrived.

Loose associations — word, image, whatever passed through:

Pray the closing prayer



## WEEK 5: BE STILL

### DAY 7 — GATHER

#### The Opening Prayer

*Today's Word:*

SEE WHAT GREAT LOVE THE FATHER HAS  
LAVISHED ON ME— THAT I SHOULD BE CALLED  
THE CHILD OF GOD.  
AND THAT IS WHO I, [YOUR NAME], AM.

1 JOHN 3:1

Read back through everything you jotted this week. The words. The fragments. The silences you noted.

Write down whatever stands out now. A word, a question, an image, an uh-huh. Whatever rose and stayed.

Then offer it. The closing prayer today is not just a closing. You are placing everything — the stillness you found, the stillness you couldn't find, the word that held you, the place where love tried to land and met resistance — into hands larger than your own.

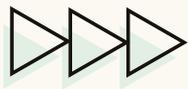
Nothing needs to be resolved first.

Loose associations — word, image, whatever passed through:

**Pray the closing prayer**



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## GLOSSARY

*To be read only after you have chosen your word.*

**Adonai** אֲדֹנָי — My Lord. The name spoken aloud in place of the unpronounceable divine name. My — not the Lord in general, but the one I am in relationship with.

**Ahava** אַהֲבָה — Love. The love that chooses, returns, persists. The word used in Deuteronomy: God loved your ancestors and chose their children after them.

**Bara** בָּרָא — He created. Called into being from nothing. Used only of God — never of human making. What God does when there is nothing yet to work with.

**Chesed** חֶסֶד — Loving-kindness. Steadfast love. Covenant faithfulness. The word that appears more than any other to describe how God relates to God's people. Not sentiment — commitment that holds when everything else gives way.

**Dabar** דְּבַר — Word. Thing. Event. In Hebrew, the word for word and the word for thing are the same — because when God speaks, what is said becomes real. The speaking that creates.

**El Shaddai** אֱלֹהֵי שַׁדַּי — God of the mountains. The Sufficient One. The name God used with Abraham, before the name YHWH was revealed. Ancient, vast, enough.

**Elohim** אֱלֹהִים — God. The name used in Genesis 1 — the creating God, the one who speaks worlds into being. Grammatically plural, mysteriously singular.

**Emet** אֱמֶת — Truth. The seal of God. Formed from aleph, mem, tav — the first, middle, and last letters of the Hebrew alphabet. Truth that spans everything, leaves nothing out.

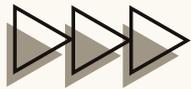
**Emunah** אֱמוּנָה — Faithfulness. Steadiness. Trust. From the same root as Amen. The quality of being reliable, of not shifting. Used of God's faithfulness — and of the human posture that leans into it.

**Hineni** הִנְנִי — Here I am. I am present. The word Abraham, Moses, Samuel, and Isaiah each spoke when God called. Not an answer to a question — an offering of oneself.

**Lev chadash** לֵב חָדָשׁ — New heart. From Ezekiel 36:26 — I will remove the heart of stone and give you a heart of flesh. The promise of a self that can feel again.

**Me'od** מְאֹד — With all that you are. The third word of the Shema's great commandment — love God with all your lev, all your nefesh, all your me'od. Sometimes translated muchness. Your full force, held back from nothing.

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### GLOSSARY

*To be read only after you have chosen your word.*

**Nefesh** נֶפֶשׁ — Soul. Living self. Also: throat — the place where breath and hunger meet. What God breathed into the dust to make it alive.

**Neshama** נְשָׁמָה — Soul. The deepest breath. The particular breath God placed in you — not breath in general, but yours. Sometimes distinguished from nefesh as the more interior, more intimate self.

**Nishmat chayyim** נִשְׁמַת חַיִּים — Breath of life. From Genesis 2:7 — God breathed nishmat chayyim into the nostrils of the human, and he became a living being. The breath still in you is this breath.

**Rachamim** רַחֲמִים — Compassion. Mercy. From the word rechem — womb. The love that comes from being carried inside another. God's tenderness toward what God has made.

**Ruach** רוּחַ — Spirit. Breath. Wind. The word used in Genesis for the breath of God moving over the waters before creation began.

**Selah** סֵלָה — Pause. Rest. Let this resound. A word found throughout the Psalms whose exact meaning no one fully knows. Perhaps: stop, and let what was just said enter you.

**Shalom** שְׁלוֹמַי — Peace. But more than the absence of conflict. Wholeness. Nothing missing, nothing broken. The word for what flourishing actually feels like.

**Shema** שְׁמַע — Hear. Listen. The first word of the great Jewish prayer of faith. The call to pay attention with your whole self.

**Tahor lev** טָהוֹר לֵב — Pure heart. From Psalm 51: Create in me a pure heart, O God. Not a perfect heart — a clean one. One that can see clearly again.

**Tzaddik** צַדִּיק — The righteous one. The one who sets things right. Used of God and of the human who lives in right relationship — with God, with others, with themselves.

**Tzur Yeshuati** צוּר יְשׁוּעָתִי — Rock of my salvation. From Psalm 89. Tzur is one of the most physical of all the divine names — weight, solidity, immovability. Yeshuati is personal: not salvation in the abstract, but mine. The one who saves me specifically.

**Za'ak** זָעַק — To cry out. To call from the depths. The word used when Israel cried out under slavery in Egypt, and God heard. The cry that assumes someone is listening.