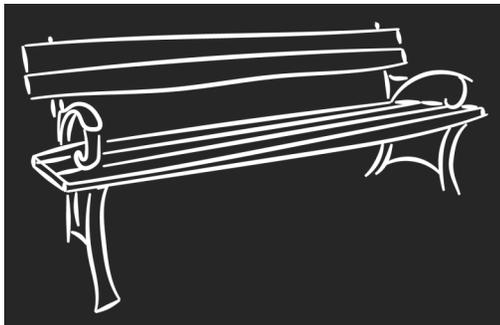


BEING

CHALLENGE

KEYSTONE HABIT #4 SEEK SOLITUDE

Sunday - **Seek God First** - Exodus 20:8
Monday - **Is Being Alone Good?** - James 4:8
Tuesday - **Any Room Left for God?** -
Hebrews 12:1b-3
Wednesday - **Solitude's Weapon of Mass
Distraction** - Genesis 11:4
Thursday - **Focus is the New Superpower of
the 2020's** - John 15:1-5
Friday - **Whispers of God** - John 15:16
Saturday - **Fill Your Mind** - Philippians 4:8

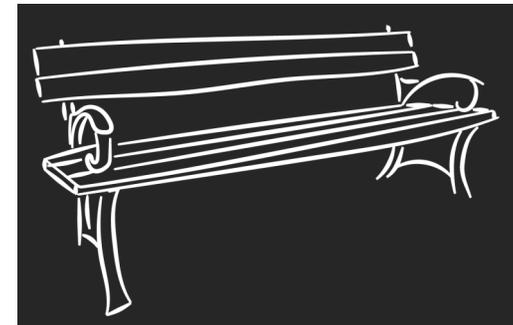


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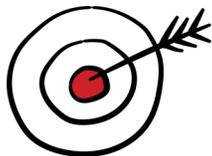
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1 Be still, my soul; the Lord is on your side:
bear patiently the cross of grief or pain;
leave to your God to order and provide;
in ev'ry change he faithful will remain.
Be still, my soul; your best, your heav'nly friend
through thorny ways leads to a joyful end.

2 Be still, my soul; your God will undertake
to guide the future as he has the past;
your hope, your confidence, let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul; the waves and winds still know
his voice who ruled them while he lived below.

3 Be still, my soul; when dearest friends depart
and all is darkened in the vale of tears,
then you will better know his love, his heart,
who comes to soothe your sorrows and your fears.
Be still, my soul; your Jesus can repay
from his own fullness all he takes away.

4 Be still, my soul; the hour is hast'ning on
when we shall be forever with the Lord,
when disappointment, grief, and fear are gone,
sorrow forgot, love's purest joys restored.
Be still my soul; when change and tears are past,
all safe and blessed we shall meet at last.



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