

# BE QUIET AND LISTEN

A JOURNEY TO HEAR GOD SPEAK

MARCH 2025

## WELCOME

Welcome to the second edition of the Be quiet and listen journal experience!

In this month's newsletter we will be doing a deeper dive into the journal topic of endurance. Is there any meaning to the concept of endurance or are we simply running a race towards an uncertain end?

Dive into the journal experience on page 2.

If you like receiving these newsletters and blog posts, share them with a friend.

May your comings and goings be blessed!

*Catherina*

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## BLOG



### WHAT IS YOUR WORD

As you start this year, do you have a focus word to keep you going?



### Are you looking up?

Are there any areas in your life where you need to start looking up?



JOURNAL EXPERIENCE

## ENDURANCE

KEEP ON GOING

FOCUS

THOSE WHO ENDURE ARE  
BLESSED

Endurance means to keep on going even when you feel like giving up. All of us reach that point at some time; will we give up or continue the course? It is especially tempting to give up when you are facing great opposition.

Writing posts and designing blog banners isn't something that comes without a cost for me. It is easy to let the opinions of others stop you from pursuing your calling. Yet, every year that I want to give up, the Lord says to keep on going. Can you relate to that?

**KEEP YOUR FOCUS**

Jesus is our strength and he wants us to keep our on focusing on Him. He has overcome the world so that we can live a victorious life.

If you feel like giving up, remember that once you became born again, you are living to serve Jesus. Start to focus on eternity! Not all of our rewards are earthly. Yes, God blesses us while we are on earth, but the ultimate prize is being with Him in heaven.

Identify an area in your life where you have stopped focusing on Jesus and let the opinions of others hold you back from doing your purpose. Don't be sidelined, you were made to be in the race and finish it!

I pray that you may be encouraged to endure.  
In Jesus Name.

For further study, have a look at the section on endurance in the Be Quiet and Listen Journal.

Want to read more?

Check out the blog page at

[be-quiet-and-listen.com/blog/](https://be-quiet-and-listen.com/blog/)

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