

# BE QUIET AND LISTEN

A JOURNEY TO HEAR GOD SPEAK

MAY - JUNE 2026

## WELCOME

Welcome to the May - June 2026 edition of the Be quiet and listen journal experience!

Lately I was challenged to change my perspective. I physically moved the place where I normally work from one side of the dining room table to the side facing the window. Now I overlook the city instead of the kitchen. I honestly don't know why in this past year I only did this now and not right from the start.

Have you had to change places to renew your outlook on life?

Small changes in our environment can help us to have a fresh outlook on life and see things to be grateful for that we otherwise wouldn't have been able to see.

*Catherina*

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JOURNAL EXPERIENCE

## DECLUTTER, MOVE & ADJUST

Unburdened, Free & Renewed

### YOU HAVE BEEN MADE NEW IN CHRIST

2 Corinthians 5:17 KJV

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

How do we live like a new creation? How can we take hold of what Jesus gave us: a new spirit, and let go of the old person?

Over the next two months we will do a deep dive into doing a spiritual spring clean. Yes, it is winter and we want to snuggle up and stay warm and cozy, but what if the season to prepare is now? What if instead of slumbering, we light our lamps?

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