

BE QUIET AND LISTEN

A JOURNEY TO HEAR GOD SPEAK

JULY - AUGUST 2026

WELCOME

Welcome to the July -August 2026 edition of the Be quiet and listen journal experience!

These past two months, I really had to dig deep into what it means to let go: declutter, leave behind, embrace change and flourish in faith.

I started to see even cleaning the house out of a new perspective: to clean as unto the Lord and as thoroughly as if you are moving. All of this had to be added to a schedule that was already full. To make time I had to plan my days differently and absolutely rely on the Holy Spirit for guidance.

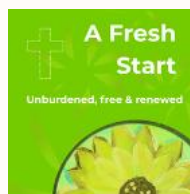
What changes have you had to adjust to recently? How do you trust God in the midst of it?

Catherina

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JOURNAL EXPERIENCE

Uncharted Waters

Stepping out into the unknown

YOU ARE STRONG AND COURAGEOUS!

Joshua 1:9 KJV

“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

Doing new things takes courage; but with God all things are possible for those of us who believe and trust Him completely.

This month we will continue the journey of going into our promise land with courage and also see how we can change our perspective to step out into the unknown, knowing God is at our side. Hope to see you there!

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