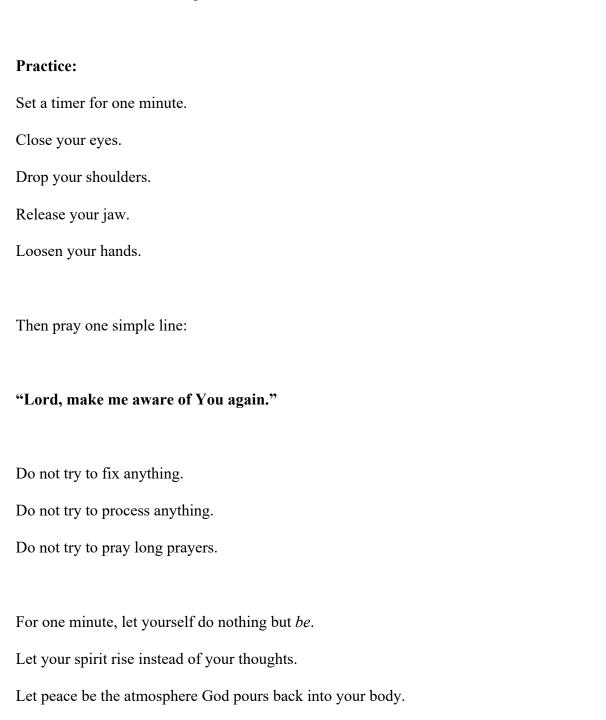
The 60-Second Stillness Reset

Purpose:

To interrupt emotional overwhelm, regain internal clarity, and make space for God's voice instead of the noise of fear, pain, or confusion.



When the timer ends, take one deep breath and ask:

"What do I need right now, Lord?"

Often He answers with:

- peacedirection
- reassurance
- a sense of release
- or simply His presence

Why it works:

Stillness resets both mind and spirit.

You stop spiraling and re-enter alignment.

This creates an internal "landing pad" for God's voice, renewing clarity and emotional stability.