

## 16 BENEFITS OF PRACTICING STILLNESS

1. Rest from the overwhelming anxieties of disturbing news reports of tragic global events
2. Growth in spiritual intimacy
3. Relationship building skills will emerge that will help you in every relationship you have
4. Removal of “things that deceive” – lies, distortion, etc.
5. Increase contact with light, life, and truth. Jesus said, “I am the way, the truth, and the life; no man can come unto the Father, except by me.” (John 14:6)
6. Emotional, mental, and physical healing and well-being.
7. Deliverance from doubts, fear and insecurities
8. A keener awareness of the reality of Go is real, alive and in control on planet earth
9. Questions of your heart answered
10. Ability to hear more clearly and distinctly the voice of the Good Shepherd (John 10)
11. Strategies and steps to problem solving and improving the issues of life you face
12. LOVE – unlimited and unconditional love is what you will receive from the one who truly loves you above all that you can imagine.
13. A new found sense of unity with others in the body and those participating in this stillness challenge
14. New found freedom from being a social media / addict
15. Rewards for your obedience – “What you do in secret God promises to reward you openly” (cite)
16. Dying to the flesh and carnal thinking.

Note: If you experience a benefit not listed here, please submit it for inclusion @ \_\_\_\_\_. We do all promise that it will be reviewed but not all data will be uploaded to the site. Thanks and God Bless You!