

Seven quiet evenings · reading booklet

One reading each evening, at your pace. Continue even after a missed day.

Day 1 · Lying down

In peace I will both lay myself down and sleep, for you alone, LORD, make me live in safety.

Psalm 4:8 · WEB

<https://ebible.org/engwebp/PSA004.htm>

Psalm 4 ends with a prayer about lying down in peace, after the speaker has named distress.

What could you set aside until morning?

Day 2 · One day at a time

Therefore don't be anxious for tomorrow, for tomorrow will be anxious for itself. Each day's own evil is sufficient.

Matthew 6:34 · WEB

<https://ebible.org/engwebp/MAT06.htm>

This verse closes a section of the Sermon on the Mount about food, clothing, and worry about tomorrow.

Which concern belongs to today, and which can wait?

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Day 3 · Naming the burden

“Come to me, all you who labor and are heavily burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart; and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11:28-30 · WEB

<https://ebible.org/engwebp/MAT11.htm>

Jesus addresses those carrying heavy burdens and continues with an invitation to learn from him.

Which burden would you like to name, or ask someone to help carry?

Day 4 · A place to rest

The LORD is my shepherd; I shall lack nothing. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He guides me in the paths of righteousness for his name's sake.

Psalms 23:1-3 · WEB

<https://ebible.org/engwebp/PSA023.htm>

Psalms 23 uses the image of a shepherd and moves from rest and guidance to a dark valley later in the poem.

What helps you slow down enough to notice what you need?

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Day 5 · Putting it into words

In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.

Philippians 4:6–7 · WEB

<https://ebible.org/engwebp/PHP04.htm>

Paul's letter connects prayer, requests, and thanksgiving. Read the surrounding verses to see the wider encouragement to this community.

If you want to pray, what would you put into your own words?

Day 6 · Making room for a pause

He said to them, “Come away into a deserted place, and rest awhile.” For there were many coming and going, and they had no leisure so much as to eat.

Mark 6:31 · WEB

<https://ebible.org/engwebp/MRK06.htm>

The apostles have returned and reported to Jesus. The account notes that the crowds left them little time even to eat.

What would a small, practical pause look like today?

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Day 7 · Leaving a little silence

“Be still, and know that I am God. I will be exalted among the nations. I will be exalted on the earth.”

Psalm 46:10 · WEB

<https://ebible.org/engwebp/PSA046.htm>

Psalm 46 describes upheaval and conflict as well as stillness. Read the whole poem around this familiar line.

Could you leave a little quiet space after reading?

Which words would you like to read again?
