



# Be Still

- **Equipment**

Bed Sheets, pillows, beanbag

- **Set up**

Build a den in your home, make it comfy and peaceful

- **Instructions**

The word 'holy' simply means, 'set apart'.

For hundreds of years, people have discovered that being set apart from other people helps them to be more aware of themselves and also of God.

This den is a place to be still.

To breathe slowly.

To be still and listen.

To be with God.