

SAMPLE: DEVOTIONAL WRITING

Portfolio Context: This sample illustrates structured devotional writing. It features integrated scripture text and distinct interactive reflection and prayer boxes designed to optimize reader engagement.

Project Title: 7 Days to a Quieter Mind

Subtitle: Daily Readings for the Anxious Christian

Day 1 — The Room You Have Been Avoiding

“Be still, and know that I am God.” — Psalm 46:10

There is a room inside you that you have been avoiding.

You know the one. It is the room where the noise stops.

The room where the phone is not in your hand and the next task is not yet on your mind and the prayer you keep meaning to pray finally gets prayed.

It is the room where you are alone with God and with the part of yourself that only God ever sees.

Most of us have furnished our lives so that we never have to walk into that room.

We have podcasts for the commute and notifications for the silence and worship music for the moments we are afraid of what we might hear if the music stopped.

We are not lazy. We are not unspiritual. We are simply afraid of the quiet, because the quiet asks questions we have spent years trying to avoid answering.

Psalm 46 was written for people whose world was loud. The mountains were shaking. The waters were roaring. The nations were in uproar.

Metaphors that feel and sound familiar, right?

And into that noise, God did not say *fix it*.

He said *be still*.

The Hebrew word—*raphah* translated be still is closer to let go, let drop.

Loosen your grip. Stop trying to hold it all together.

It is not the stillness of a person who has nothing to do.

It is the stillness of a person who has finally trusted that God is doing what only God can do.

For the next seven days, we are going to learn that stillness together.

Not as a technique. Not as a hack for a quieter mind.

But as a daily, ordinary practice of walking into the room you have been avoiding, sitting down, and letting God meet you there.

There is nothing you need to fix before you go in. There is no preparation that makes you ready.

The only requirement is willingness: the same willingness you brought to Him the day you first believed.

He has been waiting for you in that room a long time.

Today is a good day to open the door.

REFLECT

- *Where in your daily life have you arranged for there to be no silence?*
- *What might God say to you if you let one of those moments stay quiet today?*

PRAY

Dear Father, I present to you my cacophony, tumult and unrest. I desire to be still, to hear you. Let me experience quietness and meet you in the stillness in Jesus' name. Amen.