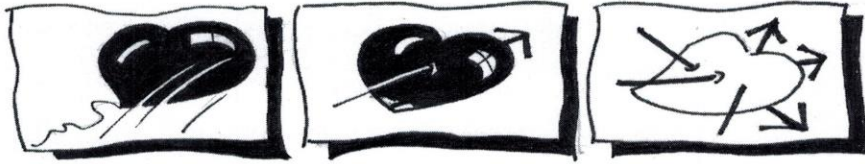


## *My Quietening*



*In quietening I choose to live in the presence of Jesus by*

*focusing on something about Jesus that is important to me  
slowing my thoughts and breathing down so I can connect more fully*

*In quietening I admit I*

*can experience the presence of Jesus  
build my capacity to face pain  
come as I am and He accepts me  
find healing in His presence*

*Today I quieten on*

*Thank You Jesus*

*You* \_\_\_\_\_

*I will do this 5 times at every opportunity*

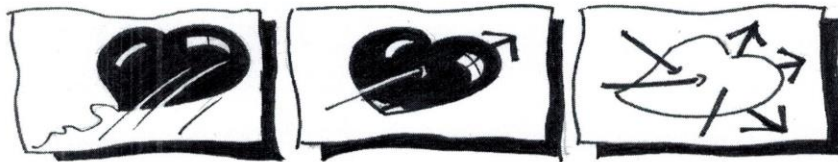
*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



## *Our Quietening*



*In quietening we choose to live in the presence of Jesus by*

*focusing in something about Jesus that is important to us  
slowing our thoughts and breathing down so we can connect more fully*

*In quietening we admit we*

*can experience the presence of Jesus  
build our capacity to face pain  
come as we are and He accepts us  
find healing in His presence*

*Today we quieten on*

*Thank You Jesus*

*You* \_\_\_\_\_

*We will do this 5 times at every opportunity*

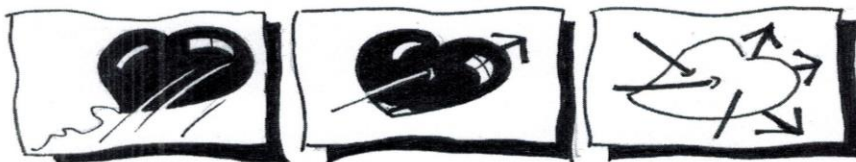
*Signatures* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



## *Extended Quietening*



*Here is my story of the presence of Jesus for extended quietening. I record all the details and stay long enough in His presence for Him to bring me His peace.*

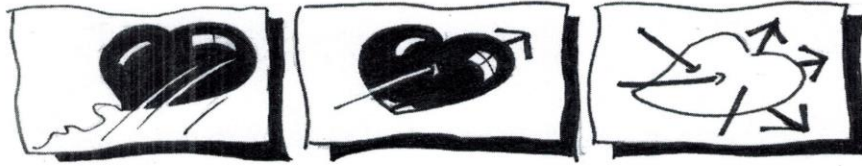
*Signed* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



# My Joy Journal



*Here are my Joy moments and stories from each day this week.*

M	
T	
W	
Th	
F	
S	
S	

*This is the effect of my joy building on my week.*

Signature \_\_\_\_\_ Witness \_\_\_\_\_

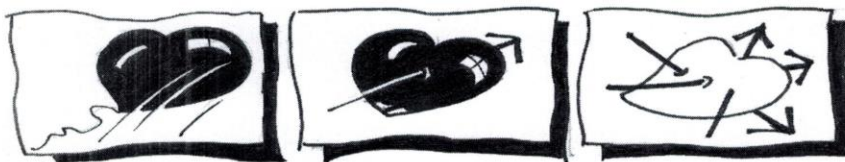
Date \_\_\_\_\_

Companion Life





## Joy People



*Here are three people I appreciate. The heart characteristics of each person help me to see how God has made them. I note here these characteristics and how I have been thankful for the way they bring me joy.*

1	
2	
3	

*I have expressed my appreciation to these Joy People.*

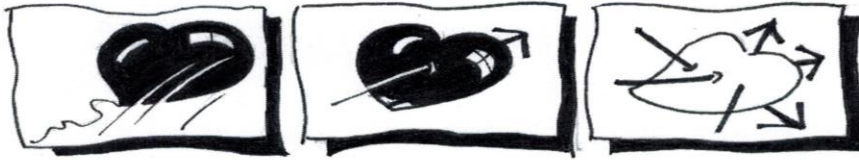
Signature \_\_\_\_\_ Witness \_\_\_\_\_

Date \_\_\_\_\_

Companion Life



## Joy with Jesus



*Here are some ways I am receiving and building joy with Jesus this week.*

M	
T	
W	
Th	
F	
S	
S	

*This is the effect of Joy with Jesus on my week.*

Signature \_\_\_\_\_ Witness \_\_\_\_\_

Date \_\_\_\_\_

Companion Life

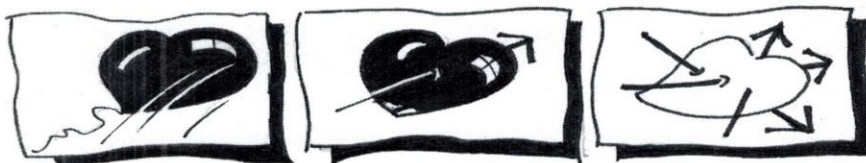


# *My LIFE Story*

*Name of story*

*Date*

*Place*



*The true \_\_\_\_\_ in the presence of Jesus is like this*  
*(your name)*

*Together we celebrate here that Jesus treats me like this*

*Whenever I feel Jesus is absent I will ask Him to restore His presence*  
*I know who I am in the presence of Jesus in this story*  
*I know how He will treat me again*  
*These are the seeds of healing in my own story*  
*Each time I retell the story I discover new aspects of myself and Jesus*  
*I want to live out of my discoveries of Jesus in my story*

*Signature \_\_\_\_\_ Witness \_\_\_\_\_*

*Date \_\_\_\_\_*

*Companion Life*

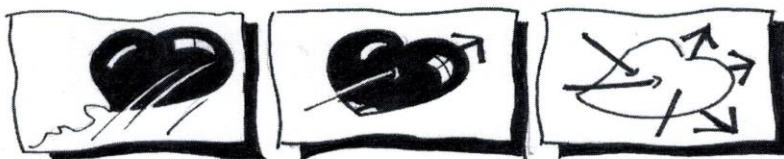


## *Our LIFE Story*

*Name of story*

*Date*

*Place*



*Our LIFE story together is*

*This is what we are discovering about Jesus together (that we did not discover by ourselves)*

*This is how we are growing, changing together*

*Signatures* \_\_\_\_\_

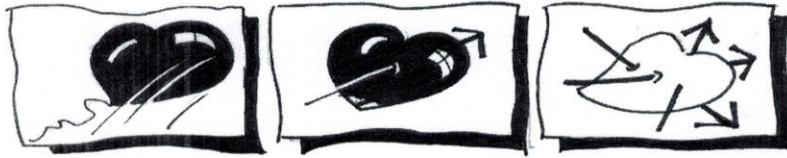
*Date* \_\_\_\_\_

*Companion Life*





## *My LIFE Story Affirmation*



*These are the themes of the presence of Jesus in my story*

---

---

---

*This biblical story reflects these same themes*

---

*This biblical story affirms my story in this way*

---

---

*This affirmation*

*puts my story in a wider perspective  
shows my heritage, where I belong  
show God's purpose in my story  
celebrates my part in God's wider story*

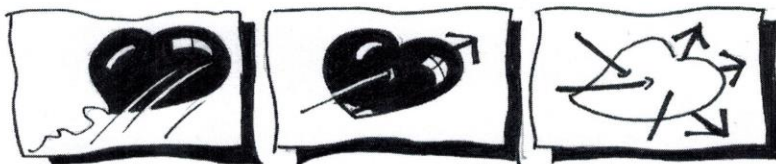
*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



## *Our LIFE Story Affirmation*



*These are the themes in our story of the presence of Jesus*

---

---

---

*This biblical story reflects these same themes*

---

*This biblical story affirms our story in this way*

---

---

*This affirmation*

*puts our story in a wider perspective  
shows our heritage, where we belong  
show God's purpose in our story  
celebrates our part in God's wider story*

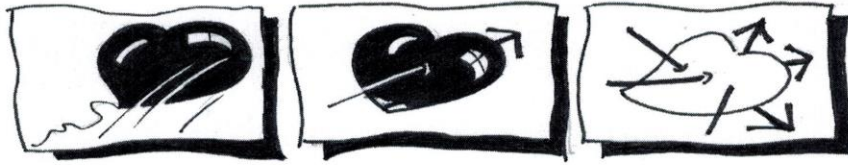
*Signatures* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



## *My True Heart*



*From my presence of Jesus story, I get a completely different view of myself. Under all the layers of pain, regret, conformity, disappointments, I discover that the heart Jesus gave me is still there. Here I celebrate my true heart.*

*Here are the values of my true heart*

---

---

*I notice these values when*

---

---

*Others who recognise my true heart are*

---

*I suppress my true heart when*

---

*I will nurture my true heart this way*

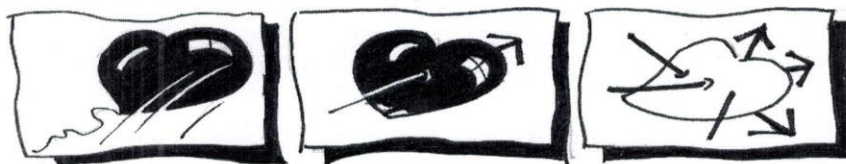
---

*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_



## *True Heart of Others*



*As I learn to live in the presence of Jesus I can see more of the true hearts of others behind their puzzling or bad behaviour. Then I can relate not react. Here are five recent examples.*

*Person*

*True Heart*

*My Response*

*&  
Behaviour*

- 1.
- 2.
- 3.
- 4.
- 5.

*This is what I am learning about relating to people's true hearts. Rather than their bad behaviour.*

*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

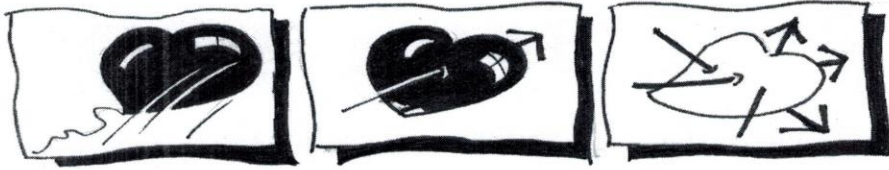
*Date* \_\_\_\_\_

*Companion Life*





## *My Return to Joy Plan*



*I realise I move away from joy easily. I don't want to get stuck in negative emotions.*

*These are ways that I will return to Joy over the next week,*

*With Jesus* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*With others* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*With myself* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

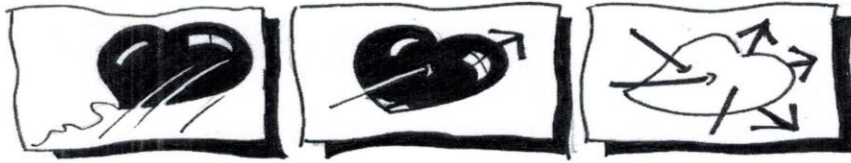
*Date* \_\_\_\_\_

*Companion Life*





## *My continuing LIFE story*



*I continue to practise the presence of Jesus in everyday events.  
An example of this is*

*These are the changes I notice in me and others when I practise the  
presence of Jesus*

*These are the changes that others notice*

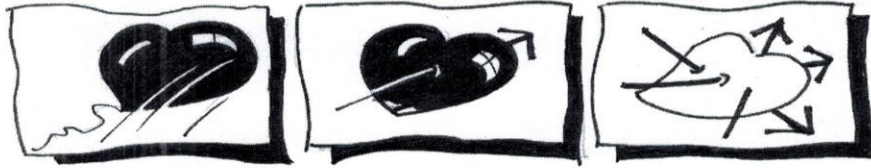
*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



## *Our continuing LIFE Story*



*We continue to practise the presence of Jesus together. An example of this is*

*These are the changes we notice in our life together when we practise the presence of Jesus*

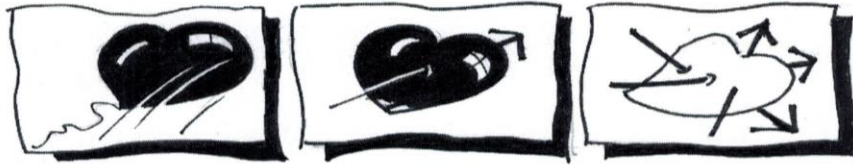
*Signatures* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*

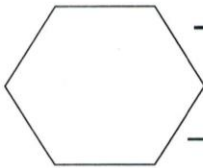


## *Mementos of God's kindness*



*Memento*

*Signs of God's kindness*

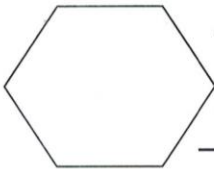


---

---

---

---

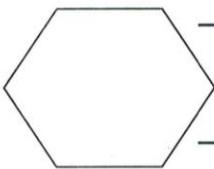


---

---

---

---



---

---

---

---

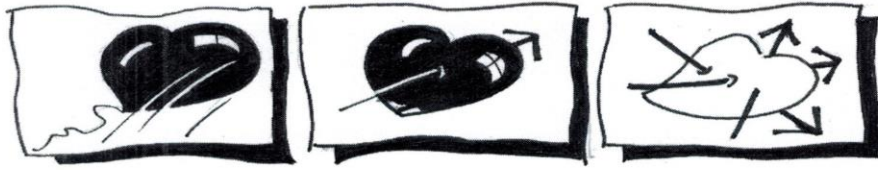
*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*



## *Living out of My LIFE Story*



*These are the themes of my presence of Jesus story*

---

---

---

*These themes apply to these current situations, challenges*

---

---

---

*I can say confidently, Come again Lord Jesus. When I did this, He came like this*

---

---

---

---

*Signature* \_\_\_\_\_ *Witness* \_\_\_\_\_

*Date* \_\_\_\_\_

*Companion Life*

