



The  
**Cornerstone  
to Recovery**  
Show

**EPISODE 11**

**BE STILL AND TRUST**

<sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6



## HIS WORD TODAY – EPISODE 11 WORKBOOK

*“Sought through prayer and meditation to improve our conscious contact with God...”*

**Theme:** *Be Still and Trust*

**Key Scriptures:** Psalm 46:10 • Proverbs 3:5–6

### THE HEART OF STEP 11

Step 11 is the step of **stillness, trust,** and **daily alignment.**

It is where we stop striving and start listening.

Where we stop controlling and start trusting.

Where we stop carrying what only God can carry.

Psalm 46:10 invites us:

*“Be still, and know that I am God.”*

Proverbs 3:5–6 deepens the call:

*“Trust in the Lord with all your heart... in all your ways submit to Him, and He will make your paths straight.”*

**Key Idea:** *Stillness is availability. Trust is surrender. Guidance is the promise.*

#### Reflection:

- Where is your soul tired from striving?

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- What noise is drowning out God’s voice?

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## 1. “BE STILL” — THE POSTURE OF STEP 11

“Be still...”

Not stop moving — stop striving.

Not inactivity — availability.

Stillness is the willingness to pause, quiet the noise, and make space for God to speak.

It sounds like:

- “Lord, I’m here.”
- “I’m listening.”
- “I’m letting go of what I cannot control.”

Stillness is the first movement of Step 11.

**Key Idea:** *Stillness is the doorway to conscious contact with God.*

### Reflection:

- What keeps you from being still?

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- What do you try to carry that belongs to God?

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- Where do you need to breathe again?

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## 2. “KNOW THAT I AM GOD” — THE TRUST OF STEP 11

God reminds us who He is:

- The One who sees
- The One who guides
- The One who holds our lives
- The One who carries what we cannot

Knowing He is God means remembering that **we don't have to be.**

We don't have to:

- Control everything
- Fix everything
- Figure everything out

This is trust.

This is surrender.

**Key Idea:** *Trust is remembering who God is — and who we are not.*

### Reflection:

- Where are you trying to be your own God?

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- What outcome are you trying to control

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- What fear do you need to release?

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### 3. “TRUST IN THE LORD...” — THE ALIGNMENT OF STEP 11

Proverbs 3:5–6 calls us to trust with **all** our heart —

- not in fear,
- not in assumptions,
- not in old patterns of self-reliance.

God says:

- “Let Me lead you.”
- “Let Me steady you.”
- “Let Me show you the path you cannot see yet.”

“...and lean not on your own understanding...”

This is the invitation to release the stories we tell ourselves — the “stinkin’ thinkin’” that keeps us stuck.

**Key Idea:** *Our understanding is limited — God’s wisdom is not.*

#### Reflection:

- What old thinking patterns do you need to release?

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- Where have you been leaning on your own understanding?

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- What would it look like to trust God’s wisdom instead?

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#### 4. “HE WILL MAKE YOUR PATHS STRAIGHT” — THE PROMISE OF STEP 11

This is not about perfection.

It is about direction.

God promises clarity —

not because we earned it,

but because we sought Him.

When we:

- Pause
- Listen
- Trust
- Submit

God guides.

**Key Idea:** *Guidance is the fruit of stillness and surrender.*

**Reflection:**

- Where do you need God’s direction?

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- What path feels unclear?

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- What step of obedience is God inviting you to take?

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## 5. STEP 11 IS A DAILY PRACTICE

Step 11 is not a moment — it is a rhythm.

A rhythm of:

- Stillness
- Listening
- Trust
- Surrender
- Alignment

It is the daily choice to say: **“Lord, lead me today.”**

**Key Idea:** *Conscious contact with God grows through daily rhythms, not occasional moments.*

### Reflection:

- What daily practice helps you stay connected to God?

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- What noise do you need to reduce?

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- What spiritual rhythm do you want to build?

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**GROUP DISCUSSION QUESTIONS:**

1. What part of Step 11 speaks to you most?

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2. Where do you struggle with stillness?

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3. How does Proverbs 3:5–6 challenge your thinking?

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4. What does surrender look like in your daily life?

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5. Where do you need God’s guidance right now?

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**PRACTICAL NEXT STEPS:**

- Practice 5 minutes of stillness each morning
- Pray Psalm 46:10 slowly
- Read Proverbs 3:5–6 daily
- Release one thing you've been trying to control
- Ask God for guidance in one specific area

**CLOSING PRAYER:**

Father, quiet my heart and steady my spirit.

Teach me to be still.

Teach me to trust.

Teach me to listen.

I release what I cannot control.

I submit my ways to You.

Make my path straight.

Lead me into the life You designed for me.

Amen.