

# Lent Course for 2026

## Be Still; a simple guide to quiet times



A 5-week course to develop a regular rhythm and deeper daily relationship with God by...

<b>ENCOUNTER</b>	finding God in the quiet time
<b>SCRIPTURE</b>	using, learning & memorising the word of God
<b>WONDER</b>	using imagination to discover more of God
<b>HIDDENNESS</b>	persevering to help us grow in faith
<b>MISSION</b>	preparing to share our faith in Jesus with the world!

*Based on the book 'Be Still: A Simple Guide to Quiet Times' by Brian Heasley – a useful addition to the course but the course is designed to be used without it as a stand-alone course.*

Three evening venues in Martock available on Tuesdays, Wednesdays and Fridays starting w/c 23 February 2026. To book your place, please add your name & contact information to the SIGN UP sheet in All Saints' Church – places limited! Or contact the Benefice Office on [benefice.martock@gmail.com](mailto:benefice.martock@gmail.com)