

*The Silence
of The House*
Holiday Edition

35 Days of Reflection, Peace & God's Presence

PAUL EUGENE

The Silence of The House: Holiday Edition
35 Days of Reflection, Peace & God's Presence

by **Paul Eugene**

(Time With God Today)

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Dedication

I dedicate this Holiday Edition to everyone who has walked through a quiet season, a reflective season, or a season that felt tender to the touch.

To the ones who miss someone.

To the ones who are adjusting to change.

To the ones who feel God holding them in the silence.

May these 35 days remind you that you are seen, you are loved, and you are never alone in your house or in your heart.

— **Paul Eugene**

Introduction

Introduction

Some houses feel quieter than they used to.
Some holidays look different than the ones we remember.
And sometimes, the silence feels heavier than the celebrations around us.

This devotional and journal was born from that place — the honest place where life slows down, memories rise up, and God meets us in the stillness.

The Silence of The House: Holiday Edition is a gentle companion for anyone walking through a reflective holiday season. Whether your heart is healing, adjusting, resting, or rediscovering peace, these 35 days are an invitation to breathe again and become more aware of God's quiet, steady presence.

Each day includes:

- A simple scripture to anchor your heart
- A short devotional to encourage your soul
- Space to write your thoughts, emotions, memories, and prayers

You can begin anytime between Thanksgiving and the start of the New Year. There is no rush. No pressure. No perfect way to do this. Just you, God, and the quiet of your home.

May these pages become a safe space for reflection, healing, and gentle renewal.

And may you feel God sitting with you — right there in the silence of your house.

How to Use This Devotional

This 35-day devotional and journal is designed to be simple, peaceful, and meaningful. There is no strict schedule to follow and no “right way” to complete it. Move at the pace your heart needs.

Here are a few gentle suggestions to guide your journey:

1. Find a quiet place.

Choose a comfortable chair, a peaceful corner of your home, or anywhere you feel calm and unhurried.

2. Begin with a slow breath.

Allow your mind and body to settle. Invite God into the moment and into the silence.

3. Read the scripture first.

Let the Word set the tone for your reflection. Read it slowly — even twice if needed.

4. Read the short devotional.

Take in the thought for the day without rushing. Let it speak to your heart.

5. Write honestly.

Use the journaling space to write your thoughts, memories, prayers, or whatever arises.

There is no judgment here — only space to be real with God.

6. Come as you are.

Some days you may write a lot; other days only a sentence or a prayer.

Both are perfectly okay.

7. Stay open to God's presence.

He meets you in the moments of stillness, comfort, remembrance, and renewal.

8. End with gratitude.

Even a whispered “Thank You, Lord” can shift the atmosphere of your heart.

May these 35 days become a gentle journey of healing, peace, and rediscovered hope — as God meets you in the silence of your home.

Reflection Starter Page

Before You Begin Day 1

Before you step into these next 35 days, take a moment to pause and reflect.

You may be entering this devotional from a place of silence, transition, grief, gratitude, or simple longing to be closer to God. Wherever you are — begin here.

Find a quiet spot.

Breathe deeply.

Allow the Holy Spirit to settle your heart.

Below are a few gentle questions to help you prepare for the journey ahead.

Write whatever comes — honestly, openly, freely.

1. How does your house feel in this season of life?

Is it quiet? Peaceful? Heavy? Busy? Lonely? Comforting?

Write your truth:

2. What do you hope God will meet you with during these 35 days?

Peace? Healing? Clarity? Strength? Understanding? Presence?

3. What memories or emotions rise in your heart as the holidays approach?

4. What do you need to release into God's hands before you begin?

A worry? A fear? A grief? An unanswered question?

5. What are you grateful for right now — in the silence, in the stillness, in the present moment?

A Simple Prayer to Begin

Lord, meet me in these next 35 days.

Sit with me in the silence of my home and the quiet of my heart.

Let Your presence fill every room, every memory, and every moment. Prepare me for what You want to heal, reveal, restore, and strengthen in me. I begin this journey open, honest, and ready to be held by You.

Amen.

Day 1 – Thanksgiving Alone Again

Theme: The familiar ache at a table for one

Opening Reflection

The turkey still gets cooked. The same prayers are whispered. But something about Thanksgiving feels heavier this year. No invitations came, and even if they had, I wasn't sure I had the emotional energy to go. I'm grateful—but also grieving. It's a strange mix, sitting in this quiet kitchen, asking God if He sees me here.

God Responds

“Beloved, I see you. I sit with you at your table. Your gratitude is a fragrance to Me, even when it's mixed with longing. I am not just the God of the crowds—I am the God of the quiet places, too. And today, I give thanks for you.”

Poetic Reflection

A plate is full but so is my heart,
Of memories that still softly start.
Though chairs sit empty, you fill the space—
God of my silence, God of grace.

Journaling Prompts

1. What emotions come up for you on holidays like Thanksgiving?
2. Can you name three small things you're truly thankful for today?
3. How might you invite God into your gratitude and your grief?

[illegible]

Lord, you are here in my quiet Thanksgiving. Fill the emptiness with Your nearness. Thank You for never overlooking the one who sits alone. Amen.

Day 2 – The Weekend Emptiness

Theme: When Sunday doesn't feel like a celebration

Opening Reflection

The Sunday after Thanksgiving used to mean one more plate of leftovers and voices echoing through the house. Now, it's just me and the sound of the clock ticking. Church was fine, but I slipped out quickly. No one notices the person who leaves alone. I came home, sat in my chair, and sighed. Why does community feel so distant?

God Responds

“Child, I see what others miss. My eyes are on the one who quietly walks out. You are not invisible to Me. I’m the One who stays when others leave. I delight in your presence, even in the silence. You belong—forever—with Me.”

Poetic Reflection

The chairs are full in sanctuaries wide,
Yet I come home to no one by my side.
But heaven is near, and You are too—
O God, my constant, ever true.

Journaling Prompts

1. How does Sunday feel different for you now?
2. What does community look like in this season of your life?
3. How can you embrace God's presence as your true companion?

Write Your Thoughts

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, thank You for staying when others move on. Thank You for being my consistent presence on Sundays and every day. Wrap me in Your nearness. Amen.

Day 3 – Preparing for Christmas... Alone

Theme: The ache of decorating for one

Opening Reflection

I pulled the box of decorations out today. The lights, the ornaments, the wreath... it all felt heavier this year. Each item once held a shared memory—now they're just mine. I stood holding an ornament shaped like a heart and asked, "Lord, was there ever meant to be someone here to help me hang this?"

God Responds

"Beloved, I have watched you decorate every season—with courage, with hope, with longing. I've never missed a moment. Every light you string, I see. And every tear you shed, I collect. I dwell in the room with you—even if it feels like you decorate for no one."

Poetic Reflection

One strand of lights, one lonely tree,
Yet Your quiet presence surrounds me.
No shared cocoa, no voices near,
But Emmanuel—You are here.

Journaling Prompts

1. What emotions arise as you prepare your space for the holidays?
2. Are there any traditions you can reclaim or create with God?
3. How might you feel God's joy in your decorating this year?

Write Your Thoughts

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Prayer

Jesus, Emmanuel, You are with me. Let Your light shine in every corner of this house and heart. Fill my decorating with meaning—even if it's just me and You. Amen.

Day 4 – The First Snow

Theme: When beauty awakens longing

Opening Reflection

The first snow fell last night. It looked like grace covering everything. I stood at the window and watched, feeling a strange mix of wonder and loneliness. I wanted to share the moment with someone—point out the glimmer on the trees, sip something warm, say something out loud. But it was just me and the snow. And God.

God Responds

“My child, not every shared moment needs another voice. Some of the most sacred beauty I reserve for just you and Me. I painted the snow not just for the world—but for your eyes today. Let it fall like a whisper of My love over your soul.”

Poetic Reflection

Frost on the branches, quiet so deep,
Snow like a blanket where memories sleep.
But in the hush, You speak to me—
A holy stillness, wild and free.

Journaling Prompts

1. What natural moments stir something in your spirit during the holidays?
2. When was the last time you felt God speak through creation?
3. How might you respond to God’s beauty today?

Write Your Thoughts

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Prayer

Father, thank You for snowflakes and silence. For wonder that awakens my heart. May I never miss Your voice in the quiet beauty You send my way. Amen.

 **Day 5 – The Empty Chair** Theme: When absence becomes too loud to ignore

Opening Reflection

There's a chair at my table no one sits in. It's just a regular piece of furniture, but I feel its message: "You are alone." I once imagined someone there. I've even caught myself turning toward it to speak. But silence answers back. I wonder if I'll grow old always seeing what's not there.

God Responds

"Dear one, I fill every seat in your home with My presence. I see the spaces that feel hollow—and I enter them. Don't be afraid of the quiet. I use it to whisper truths others miss. You are never truly sitting alone."

Poetic Reflection

One plate, one glass, one silent chair,
But still I sense You're seated there.
Not with flesh, but holy flame—
Whispering gently, calling my name.

Journaling Prompts

1. Is there a specific object or space that triggers a sense of absence for you?
2. How has God filled that space for you in the past—or could now?
3. Can you picture Jesus sitting beside you today?

[illegible]

Lord, I confess the silence feels loud sometimes. But I choose to believe You are with me at every table. Sit with me again today. Amen.

Day 6 – When Old Songs Hurt

Theme: Memories in the music

Opening Reflection

I turned on the radio today and heard a Christmas song I hadn't listened to in years. It brought me back—to a younger version of me, full of hope and plans, maybe even a little naivety. I had dreams that included someone else. Hearing that song made me cry—not just for the memories, but for the future I thought I'd have.

God Responds

“My child, I know the soundtrack of your life. I remember your young hope, your laughter, and your tears. I was there for the dance and the silence. Your story still sings—even if the melody has changed. I am writing the final verses with grace.”

Poetic Reflection

A melody wrapped in time gone by,
Stirs the ache behind my eye.
But still You sing Your song in me—
A deeper joy, a harmony.

Journaling Prompts

1. What song or sound brings back strong memories for you?
2. How have your hopes changed over the years?
3. What might God be writing into your current chapter?

Write Your Thoughts

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Prayer

Jesus, even the old songs matter. Heal the places that still ache when the music plays. Remind me that my life has always been a part of Your song. Amen.

Day 7 – The Candle in the Window

Theme: Hope for one more day

Opening Reflection

Tonight, I lit a candle and placed it in the window. No one is coming home. There's no one returning for a surprise visit or driving by to wave. But I lit it anyway. Somehow, the small flame felt like hope—tiny, stubborn, and alive. Maybe it was for me. A signal that says: I'm still here. I still believe.

God Responds

“Beloved, I see your candle. I see your heart. You have not given up, though it hurts. You still believe in Me. That small flame tells heaven that faith remains. And I will honor it. I will meet you here—in the glow of your waiting.”

Poetic Reflection

A single flame in frosted glass,
Holding space as moments pass.
Though no one knocks, still hope remains—
A flicker bold through silent panes.

Journaling Prompts

1. What does hope look like for you today?
2. What small act could you do to say “I’m still believing”?
3. How might God be meeting you in your waiting?

[illegible]

Lord, thank You for giving me the courage to light hope again. Even if it's just for me, even if no one sees it. You see. And You are near. Amen.

Day 8 – Longing for a Voice in the Morning

Theme: Waking up to silence again

Opening Reflection

The alarm went off. I reached for my phone, scrolled, sat up, and exhaled. No “good morning” text. No voice in the kitchen. Just the familiar sound of nothing. I brewed some coffee and stood staring out the window. I wasn’t expecting anyone, but part of me still wished someone had thought of me this morning.

God Responds

“My child, I was the first to speak your name today. Before you opened your eyes, My Spirit hovered near you. You are not forgotten when the world is still sleeping. My mercies met you at dawn.”

Poetic Reflection

The coffee steams, the house stands still,
Another morning to climb this hill.
But I hear Your whisper—soft and kind,
A holy voice inside my mind.

Journaling Prompts

1. What is the hardest part of waking up alone for you?
2. What does God’s presence in the morning mean to you?
3. How can you begin the day with awareness of His nearness?

[illegible]

Lord, meet me in the quiet mornings. Be the first voice I hear,
the first name I call on. Fill my lonely dawn with Your mercy.
Amen.

Day 9 – When the Invitations Don’t Come

Theme: Feeling left out of the celebrations

Opening Reflection

They were talking after church—about the upcoming party, the Christmas Eve dinner, the couples’ game night. I smiled politely, knowing I wasn’t invited. Maybe they forgot, or maybe they didn’t think I’d be interested alone. Either way, I walked to my car trying not to cry. I hate feeling like the fifth wheel to the world.

God Responds

“Beloved, your presence is not a burden or an afterthought. I never forget you. I don’t need a party to celebrate you. My table has always had a seat with your name on it. You are wanted here.”

Poetic Reflection

They gathered close and laughed so free,
While I drove home in invisibility.
Yet still You call and make me stay—
In Your embrace, not cast away.

Journaling Prompts

1. When have you felt left out lately?
2. How can you let God remind you of your belonging?
3. What would it look like to let Him be your host this season?

Write Your Thoughts

[illegible]

Prayer

God, help me release the sting of being forgotten. Let me find joy in Your invitation that never expires. Amen.

Day 10 – The Grocery Cart for One

Theme: When errands feel like reminders

Opening Reflection

I pushed the cart through aisles full of families and couples. My list was short. My fridge is never empty, but it's also never full of shared meals. I passed the rotisserie chickens and thought, "Why buy the whole thing? It's just me." Sometimes even small tasks make the solitude louder.

God Responds

"My dear one, I walk the aisles with you. I provide for you in every season, and I see the courage it takes to do life alone. You are not less-than because you shop for one. You are fully seen by Me."

Poetic Reflection

One cart, one list, a silent lane,
Among the noise, I feel the strain.
Yet even here, You walk beside—
Provider, Partner, Strength, and Guide.

Journaling Prompts

1. What everyday moments highlight your solitude most?
2. How has God shown up in the ordinary parts of your day?
3. Can you find gratitude in the provision—even for one?

Write Your Thoughts

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Prayer

Jesus, thank You for being with me in the mundane. Help me see You in my errands, and fill the empty carts of my heart. Amen.

Day 11 – The Warmth of a Stranger’s Smile

Theme: Finding small grace in unexpected places

Opening Reflection

The barista smiled at me this morning. Not just a polite one, but a real one. I smiled back and realized how hungry I was for warmth. It wasn’t romantic, or even personal—but it was human. And somehow, it mattered. Maybe God is still loving me through others, even briefly.

God Responds

“Yes, My child. I place gentle kindness in your path to remind you that I see your heart’s needs. The smallest grace can be the loudest echo of My love. Stay open to My surprises.”

Poetic Reflection

One smile across a crowded room,
A spark that melts the quiet gloom.
In simple ways, You find Your part—
To heal the cracks inside my heart.

Journaling Prompts

1. When has a small act of kindness felt deeply meaningful?
2. What are you noticing more since walking solo with God?
3. How might you become that grace to someone else today?

Write Your Thoughts

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Prayer

Lord, thank You for the stranger's smile that reminded me I matter. Use me too, to pass on Your light. Amen.

Day 12 – That One Ornament

Theme: A memory you weren't prepared to feel

Opening Reflection

I found it while decorating: the ornament from that one trip. The one where I believed my life was turning a corner. I held it in my hand and froze. So much hope was wrapped up in that one memory—and then it was gone. I thought I'd moved on, but something still aches.

God Responds

“My beloved, the past does not define your worth or your future. I was there in your joy, and I am here in your sorrow. Let this moment be one of gentle release. I have more for you still.”

Poetic Reflection

An ornament, a memory tight,
That flickers in the tree's soft light.
I place it down with trembling hands—
And trust again in sacred plans.

Journaling Prompts

1. What item or memory surprised you with fresh emotion?
2. How might you let God hold the memories you can't fix?
3. What is He inviting you to release this season?

Write Your Thoughts

[illegible]

Prayer

Father, I didn't expect that wave of feeling. Thank You for being strong when I am tender. I place it all in Your hands. Amen.

Day 13 – Someone Else’s Family Photo

Theme: Comparison at the speed of scrolling

Opening Reflection

I opened social media and there it was: another perfectly filtered family photo. Matching pajamas, hot chocolate, fireplace glow. My thumb hesitated. I wasn’t jealous, but I did feel the sting of being outside the frame. Sometimes, the hardest part of being single is watching everyone else’s togetherness.

God Responds

“My child, I see you not as you appear on screens, but as you are—beloved, complete, full of My glory. You don’t need matching sweaters to prove your worth. You wear My righteousness. That’s enough.”

Poetic Reflection

Their joy displayed in picture frame,
While I scroll through with no acclaim.
Yet still You call me fully known,
Your heart the place I’m not alone.

Journaling Prompts

1. How do you respond to holiday imagery online?
2. What lies try to speak to you in those moments?
3. What truth does God want to restore in you today?

Write Your Thoughts

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Prayer

Lord, help me not to measure my life by curated images. Teach me to treasure the beauty You see in me. Amen.

Day 14 – Still Lighting the Advent Candle

Theme: When tradition continues even when no one sees

Opening Reflection

I lit the second Advent candle tonight. There was no audience. No dinner following. Just me, a match, and the slow burn of wax. The silence was holy. I didn't expect that. I whispered, "Come, Lord Jesus," and meant it more than I have in years.

God Responds

"Beloved, when you do these small things in faith, you invite heaven into your home. Your quiet devotion moves Me. Advent is not performance—it is presence. And I am here."

Poetic Reflection

The flame burns low, the shadows sway,
But still I kneel, and still I pray.
In silent rooms Your light breaks through,
And Advent waits in me for You.

Journaling Prompts

1. Are there traditions you've continued even alone?
2. How has your solo journey shaped your faith in new ways?
3. What invitation do you hear from God this Advent?

Write Your Thoughts

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Prayer

Come, Lord Jesus. Burn bright in my quiet waiting. Let Your light fill my space with peace. Amen.

Day 15 – The Echo in the Hallway

Theme: Living alone with memories

Opening Reflection

I walked down the hallway and heard my own footsteps echo. There was a time this hall held laughter, music, even arguments. Now? Just me and the hum of the heater. I sometimes speak out loud to make sure my voice still works. That echo reminds me—I'm still here, still hoping.

God Responds

“You are not just a presence in the house—you are precious to Me. I fill your space with My peace, and I echo My love back to your heart. Your voice matters to Me. Keep speaking. I am listening.”

Poetic Reflection

The echo meets me down the hall,
A soft reply to every call.
But deeper still, I hear You near—
Not just an echo. You are here.

Journaling Prompts

1. What spaces in your home bring up the strongest feelings?
2. How do you experience God's presence in the ordinary?
3. What would it feel like to speak openly to Him in those moments?

Write Your Thoughts

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Prayer

God, meet me in the hallway of echoes. Make even the emptiest places reminders of Your nearness. Amen.

Day 16 – Another Table for One

Theme: Eating alone in public

Opening Reflection

I went to the diner tonight—something I hadn't done in a while. The hostess smiled kindly but still asked, "Just one?" I nodded. I could feel people's eyes, even if they weren't staring. I read a book while I ate, trying not to notice the families, the couples, the noise I wasn't part of.

God Responds

"Beloved, I dine with you. I'm seated across from you even when the world doesn't see it. You're never truly alone, and your courage to show up matters more than you know."

Poetic Reflection

A table set, a chair held still,
A quiet meal, a quiet will.
Yet in this place, I taste Your grace—
And see You smiling face to face.

Journaling Prompts

1. How do you feel in public settings when you're alone?
2. What would it mean to invite Jesus to the table with you?
3. Have you ever felt God's comfort in an unexpected space?

Write Your Thoughts

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, help me not to shrink in public solitude. Remind me You dine with me, dwell with me, and delight in me always. Amen.

Day 17 – Watching the Movie Alone

Theme: Entertainment without shared laughter

Opening Reflection

I finally watched that movie everyone's been talking about. It was funny, heartfelt, and deeply moving. But the laughs didn't echo in my living room like they used to. There was no one to nudge during the good scenes or talk about the ending with. Just me—and then the credits rolled in silence.

God Responds

"I am with you in the quiet after the credits. I share your laughter and your longing. Your joy does not need an audience to be real. I celebrate with you, even in the silence."

Poetic Reflection

The screen goes black, the story ends,
No whispered thoughts to share with friends.
But still You stay—no need to flee,
And let the silence speak with me.

Journaling Prompts

1. What do you miss most about shared experiences?
2. How do you process joy and emotion when you're alone?
3. What would it look like to include God in those moments?

Write Your Thoughts

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Jesus, be my companion even in entertainment. Let my joy and sorrow be shared with You, even when no one else sees it.
Amen.

Day 18 – The Mailbox with Nothing New

Theme: Emptiness at the door

Opening Reflection

I opened the mailbox and found nothing but an advertisement. No letters. No notes. No invitation. It shouldn't have bothered me, but it did. I used to love receiving cards, handwritten words, even silly catalogs. Now, most days bring nothing new.

God Responds

“My words to you never cease. I am always sending My love—through My Word, My Spirit, and even small things you might overlook. You are not forgotten. You are forever My beloved.”

Poetic Reflection

An empty box, a quiet sign,
Yet still Your messages align.
In whispered wind and Word so true—
You write Your love in all I do.

Journaling Prompts

1. What's something you wish arrived at your doorstep?
2. How does God 'send' you messages of encouragement today?
3. What unexpected places carry His love note to you?

Write Your Thoughts

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Prayer

Lord, help me see beyond the empty mailbox. Tune my heart to the messages You're always sending. Amen.

Day 19 – When You Don’t Get the Call

Theme: Unreturned messages and missed connections

Opening Reflection

I sent a text. No reply. I left a voicemail for a friend I haven’t seen in a while—just checking in. But days passed. Nothing. I know people get busy, but something about being the one always reaching out wears me down.

God Responds

“I never miss your voice. I always answer—sometimes in peace, sometimes in the stillness, sometimes in My Word. I’m not like others who forget. You’re never the only one making the call.”

Poetic Reflection

No ringtone, no reply today,
Just silence stretching where I pray.
But then I hear You whisper through—
“I never stop responding to you.”

Journaling Prompts

1. Who do you wish would reach out to you more?
2. How do you feel about always being the one to initiate?
3. What truth about God’s attentiveness helps comfort you?

Write Your Thoughts

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

God, thank You for always listening. Let Your love be louder than unanswered texts or silent phones. Amen.

Day 20 – The Gift You Didn’t Receive

Theme: Grieving unmet expectations

Opening Reflection

I watched as everyone exchanged gifts—family members, friends, co-workers. Some gifts were thoughtful, others last-minute. I smiled, clapped, took photos. But I didn’t receive anything. I didn’t expect to, but something about that moment made me ache. I wish someone saw me and thought, “I want to bless them, too.”

God Responds

“You are My gift, and I give Myself freely to you. My love is not wrapped in paper but in eternal promise. You are seen, treasured, and gifted with more than this world can offer.”

Poetic Reflection

The ribbon curled but not for me,
No tag, no box beneath the tree.
Yet still You give—no need for bows,
A gift of grace my spirit knows.

Journaling Prompts

1. How do you cope with being overlooked during gift-giving times?
2. What has God gifted you this season that others may not see?
3. How can you use what you’ve received to bless someone else?

Write Your Thoughts

[illegible]

Prayer

Lord, fill the gap where disappointment tried to settle. Help me see all You've given me, and rest in the richness of Your love. Amen.

Day 21 – A Night Without Plans

Theme: The gift of slow evenings with God

Opening Reflection

No dinner invites. No calls. No urgent tasks. Just a quiet night stretching before me like a slow-moving river. I used to dread evenings like this, but lately, I've started to treasure them. No pressure to perform—just presence. Sometimes that's enough.

God Responds

“Beloved, I wait for you in the quiet. I enjoy these unhurried nights with you. You don't need noise to be noticed. Come, sit with Me awhile.”

Poetic Reflection

The evening falls without demand,
And I sit still, Your hand in hand.
No plans, no rush—just sacred air,
And in the silence, You are there.

Journaling Prompts

1. What has surprised you about spending more time alone with God?
2. How can you turn unplanned evenings into sacred time?
3. What rhythms help you stay grounded during quiet seasons?

Write Your Thoughts

[illegible]

Prayer

God, thank You for nights that don't need fixing. Help me find peace in the slow and sacred pace of time with You. Amen.

Day 22 – When You Rearrange the Room

Theme: Shifting your space to reflect your heart

Opening Reflection

Today I moved my chair to face the window. I changed the throw pillows. I rearranged the pictures on the wall. There was no one to ask for an opinion, no one to notice the change. But somehow, the space felt lighter—like I was making room for something new... or Someone.

God Responds

“I see the shifts in your space and your spirit. Every movement matters. When you make room, I enter in greater measure. I sit with you in the new place and fill it with My peace.”

Poetic Reflection

I moved the chair, the frame, the light—
A subtle change to make things right.
You sat down too, without a sound,
And holy quietness wrapped around.

Journaling Prompts

1. Have you ever shifted your space to reflect a new season in your life?
2. How do small changes help renew your spirit?
3. What space in your home feels most sacred?

Write Your Thoughts

[illegible]

Prayer

Jesus, fill the corners of my life with Your renewing presence.
Let every rearrangement be a quiet invitation to You. Amen.

Day 23 – Talking to the TV

Theme: Needing connection in everyday moments

Opening Reflection

I caught myself talking back to the TV—laughing, sighing, even answering the game show. It used to be annoying to me, now it's just... normal. I miss someone next to me doing the same. But I also realize I talk more to You now than I ever have before.

God Responds

“I hear it all—the laughter, the sighs, the loneliness behind the habit. I am not annoyed. I’m drawn to your voice. Keep speaking. I am near, closer than the flicker of any screen.”

Poetic Reflection

The screen speaks out, and so do I,
A half-laugh, thought, or whispered sigh.
But You tune in beyond the show,
To every word I let out slow.

Journaling Prompts

1. How do you fill the silence during your solo moments?
2. Have you found yourself talking to inanimate things for comfort?
3. What would it feel like to talk more directly to God during those times?

Write Your Thoughts

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

God, thank You for not tuning me out. Meet me even in the odd or quiet habits that reveal I just want to be known. Amen.

Day 24 – The Empty Side of the Closet

Theme: Making peace with what isn't there

Opening Reflection

The left side of the closet is mostly untouched. It used to hold someone else's clothes. Or maybe it never did, but I hoped it would someday. Now it holds quiet space—half-filled shelves and empty hangers. Sometimes, I stare at it too long and wonder why that story never came to be.

God Responds

“What is empty in your eyes is open in Mine. I don't waste space. The silence in your closet can be filled with the sound of surrender. I'm still writing your story.”

Poetic Reflection

The hangers hang in silent rows,
Their empty shape, a tale that shows.
Yet still You whisper in that space—
“My love alone can fill this place.”

Journaling Prompts

1. What does the “empty side” of your life represent to you?
2. How can you make peace with what hasn't happened yet?
3. What possibilities could that space still hold?

Write Your Thoughts

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Prayer

Lord, help me surrender the spaces I hoped someone else would fill. Fill them with Your love instead. Amen.

Day 25 – The Night You Didn’t Cry

Theme: Not every lonely night ends in tears

Opening Reflection

Last night was quiet. I didn’t cry. I didn’t feel especially joyful, but I didn’t ache either. It felt like peace—not loud, not bright, just calm. Sometimes that’s more surprising than the tears. It made me think I might be growing stronger, or just resting in God more than I realized.

God Responds

“Peace is My gift to you. Not just in the storm, but in the ordinary. You don’t have to weep every night to know I’m close. Sometimes I bring stillness. Let it hold you.”

Poetic Reflection

The silence came, but not with pain,
No flood of tears, no storm, no rain.
Just You and I, in quiet night—
And peace that held me soft and light.

Journaling Prompts

1. When was the last time you felt peace in your solitude?
2. How do you respond to the absence of emotion?
3. What does a “peaceful evening” with God look like to you?

Write Your Thoughts

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Prayer

God, thank You for peace without explanation. Help me trust quiet nights as much as the emotional ones. Amen.

Day 26 – The Questions That Don’t Get Answers

Theme: Living with mystery and unfulfilled longing

Opening Reflection

Why not me, Lord?

Why haven’t I found the kind of love others seem to stumble into?

Why did I invest so much time in relationships that didn’t lead anywhere?

These are the questions that sit quietly beside me some nights. They don’t scream anymore, but they haven’t left either.

God Responds

“You are not forgotten. Your heart is not overlooked. Some questions hold space for My presence, not My explanation. I am with you in the not-yets and the maybes.”

Poetic Reflection

The question mark bends like a sigh,
A shape that leans but won’t reply.
Still in its curl, Your hand I see—
And mystery becomes grace to me.

Journaling Prompts

1. What unanswered questions are you carrying right now?
2. How have your prayers changed in this season?
3. Can you invite God into the questions instead of demanding answers?

Write Your Thoughts

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Prayer

Father, I bring my questions, not for answers but for nearness.
Dwell in the unknown with me. Amen.

Day 27 – The Strong Days

Theme: When independence feels empowering

Opening Reflection

Today I felt strong. I lifted the heavy box by myself. I handled the paperwork, made my own decisions, and did what needed to be done. No tears. No longing. Just a quiet, sturdy joy in knowing I could handle the day. I don't always feel this way—but today, I did.

God Responds

“You reflect My strength when you rise. You don't have to prove anything, but I rejoice when you walk confidently. I gave you resilience, and I walk with you through it all.”

Poetic Reflection

No tremble in my step today,
Just quiet grace to find my way.
And in the weight I chose to bear,
I found Your strength already there.

Journaling Prompts

1. What makes you feel strong and capable?
2. How do you balance independence with spiritual reliance?
3. What strengths has God developed in you through solitude?

Write Your Thoughts

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Prayer

God, thank You for strong days. Let me never forget that every strength I have flows from You. Amen.

Day 28 – The Prayer You Forgot You Prayed

Theme: Surprised by answered prayers from long ago

Opening Reflection

I was cleaning out a drawer and found an old journal. Inside it was a prayer I had forgotten I wrote—pleading for God’s comfort, healing, and a deeper relationship with Him. And here I am, years later, still single, yes—but also more rooted in Him than I ever imagined.

God Responds

“I remember every prayer you whispered, even the ones you forget. I’ve been answering slowly, gently, deeply. I never stop shaping you through time.”

Poetic Reflection

A dusty page, a scribbled line,
A younger self once called Me mine.
And now you see how far we’ve grown—
Your heart in Me, more fully known.

Journaling Prompts

1. What past prayer has God answered over time?
2. What would your younger self be surprised to see about you now?
3. What longings are still unfolding?

Write Your Thoughts

[illegible]

Prayer

Lord, thank You for remembering what I forget. Thank You for the patient unfolding of Your faithfulness. Amen.

Day 29 – The Memory That Surprised You

Theme: When the past returns unexpectedly

Opening Reflection

I was washing dishes when a memory from years ago came flooding back. Not a painful one, but one I had shelved away—a moment of laughter with someone I once loved. For a second, it felt like they were still here. I smiled... then sighed. And whispered, “Lord, You saw that, didn’t You?”

God Responds

“Yes, I saw it. I remember too. I honor your tenderness and your silence. Your memories are not wasted—they’re weaved into My compassion.”

Poetic Reflection

A glimpse of joy came without ask,
Wrapped in the steam, the gentle task.
You saw it all, the smile, the sigh—
And met me in that memory’s cry.

Journaling Prompts

1. What memory has recently come back to you?
2. How do you feel God responds to the moments you don’t share with others?
3. What would it look like to offer those memories back to Him?

Write Your Thoughts

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Prayer

Jesus, You saw it all, even what I wasn't trying to remember.
Thank You for holding space for the old and new in me. Amen.

Day 30 – When It’s Just You at the Table

Theme: Meals in solitude and sacredness

Opening Reflection

There was no one to ask, “How was your day?”

No clink of another fork.

Just me... and the quiet.

And oddly, I felt invited to sit down, not just eat. It felt sacred, like You were waiting at the head of the table—even though no chair was pulled out.

God Responds

“Every meal is a moment I share with you. You’re never truly eating alone. I provide the food and the fellowship. Invite Me in—I already came.”

Poetic Reflection

The table’s set, one plate, one light,

Yet still You come into my night.

And bread becomes communion sweet,

As I remember—You still meet.

Journaling Prompts

1. How do you experience mealtimes when you’re alone?
2. What might change if you invited God into those moments?
3. How can you make ordinary rituals more sacred?

Write Your Thoughts

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, I invite You to sit with me—at my table, in my silence,
and in every small moment of nourishment. Amen.

Day 31 – The Year You Didn’t Expect

Theme: Grieving or honoring the unexpected path

Opening Reflection

This year didn’t turn out the way I planned. There were victories I didn’t expect... and also losses I hadn’t prepared for. Being solo made some moments harder. But looking back, I can say this: I didn’t walk it alone. Not really. God, You were there. Even when I was confused, quiet, or numb.

God Responds

“I was there in the shadowed turns and in the sunlit rest stops. I never left the road beside you. This year wasn’t wasted—it was witnessed. And it was holy.”

Poetic Reflection

Not the path I would have drawn,
Yet You were with me all along.
A winding way, with grace unseen,
Still marked by footprints in between.

Journaling Prompts

1. What surprised you most about this past year?
2. Where did you feel God’s presence the most?
3. What unfinished stories are you still holding?

Write Your Thoughts

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Prayer

God, thank You for carrying me through a year I didn't plan. I trust You to shape it all for my good and Your glory. Amen.

Day 32 – The Blanket That Reminded You

Theme: When comfort comes through physical things

Opening Reflection

I pulled the blanket around me tonight—the one someone once gave me. It's worn but warm. I don't use it every night, but when I do, something stirs. It feels like love. Like I'm held. Like I'm not invisible. I wonder, is that You too?

God Responds

“Yes, I wrap you in more than fabric. I wrap you in mercy. I surround you with unseen comfort every time your heart aches for warmth. Let it remind you—I'm near.”

Poetic Reflection

A threadbare quilt, a faded hue,
Yet somehow, comfort strong and true.
And through its fold I clearly see,
Your tender heart still covering me.

Journaling Prompts

1. What object in your home feels sacred to you?
2. How has God used simple things to bring you comfort?
3. What helps you feel seen on difficult nights?

Write Your Thoughts

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, thank You for every ordinary sign that You care. Let the warmth around me remind me of Your arms. Amen.

Day 33 – The Unexpected Phone Call

Theme: When connection surprises you

Opening Reflection

Today someone called me I hadn't heard from in a long time. It was short. Simple. But I smiled long after we hung up. That kind of connection still means something—even when it feels rare. It made me realize how much I've missed being thought of.

God Responds

“You are thought of constantly. And I also move hearts to reach out when you need it. You are not forgotten. My Spirit nudges others, and sometimes, it's just in time.”

Poetic Reflection

A voice rang through the quiet air,
A sign that someone still cared.
And in that tone, I heard You too—
The One who always follows through.

Journaling Prompts

1. What moments of unexpected connection have encouraged you lately?
2. How does it feel to be remembered by someone?
3. How might God be prompting you to reach out to others?

Write Your Thoughts

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Prayer

Thank You, Lord, for divine interruptions. Help me notice Your hand even in a casual call. Amen.

Day 34 – The Candle You Lit Just Because

Theme: Choosing beauty for your own soul

Opening Reflection

I lit a candle tonight. Not for company. Not for mood. Just for me. Because this space deserves light. Because my soul needs beauty, even in solitude. And as the soft flame danced in the quiet, I thought—this is worship too.

God Responds

“Yes, it is. Every act of love toward yourself honors Me. Beauty is not reserved for crowds. Light belongs in your silence too. You are worth the glow.”

Poetic Reflection

The wick caught fire, the shadows fled,
And something sacred danced instead.
A quiet flame, a simple spark—
Yet in its glow, You found my heart.

Journaling Prompts

1. What acts of beauty have you done for yourself lately?
2. Why does creating a sacred space matter—even when alone?
3. How can beauty become part of your worship?

Write Your Thoughts

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Prayer

Lord, thank You for light, for beauty, and for the reminder that I matter—even in a room of one. Amen.

Day 35 – The New Year Begins Here

Theme: Ending the year with sacred expectancy

Opening Reflection

I don't have a New Year's party planned. No one to kiss at midnight. No resolutions on the fridge. But I do have hope. Not loud or boastful—but steady. The kind that says: "God's not done with me." That's how I want to end this year. That's how I want to begin again.

God Responds

"You begin nothing alone. I go ahead of you. And behind. And within. Every step into this new year is a step beside Me. You are not late. You are right on time—with Me."

Poetic Reflection

No ball to drop, no trumpet sound,
Just sacred ground where grace is found.
A whisper rising through the air—
"I'm here, I'm close. Step in. I care."

Journaling Prompts

1. What do you want to leave behind this year?
2. What sacred hope do you carry forward?
3. How will you walk with God into the next season?

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Jesus, thank You for being my beginning and my end. May I step into this new year with open hands, knowing You go with me. Amen.

✨ Closing Reflection

You have completed 35 days of stillness, reflection, and meeting with God.

And now, a new year stands before you.

Pause for a moment and honor the journey you just walked through.

The prayers you whispered.

The tears you released.

The wisdom you gained.

The peace you felt settle into your heart.

The comfort God brought into the quiet corners of your home.

As you step into this new season, carry with you the strength you found in these pages.

Carry the clarity that came through listening.

Carry the wisdom God whispered into your soul.

Carry the hope that grew inside your silence.

The year ahead may bring change, growth, surprises, and new chapters — but you do not enter it empty-handed.

You walk into it strengthened, grounded, and renewed.

The silence has spoken.

God has met you.

Now, step forward with new vision, new wisdom, and new strength.

The best is still ahead.

— Paul Eugene

About the Author

Paul Eugene is a Christian encourager, fitness instructor, and inspirational teacher whose passion is helping people move their bodies, renew their minds, and lift their spirits. Through his workouts, devotionals, and uplifting messages, he brings hope, joy, and strength to people of all ages — especially seniors, boomers, and those navigating new seasons of life.

Paul is known for his joyful energy, his deep compassion for others, and his ability to speak life into those walking through quiet, reflective chapters of their journey. His ministry, *Time With God Today*, combines faith, movement, and encouragement to help people grow closer to God through both devotion and daily living.

He believes that God meets us in the ordinary moments — in silence, in movement, in laughter, and in prayer — and that every season of life can be filled with purpose, peace, and grace.

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