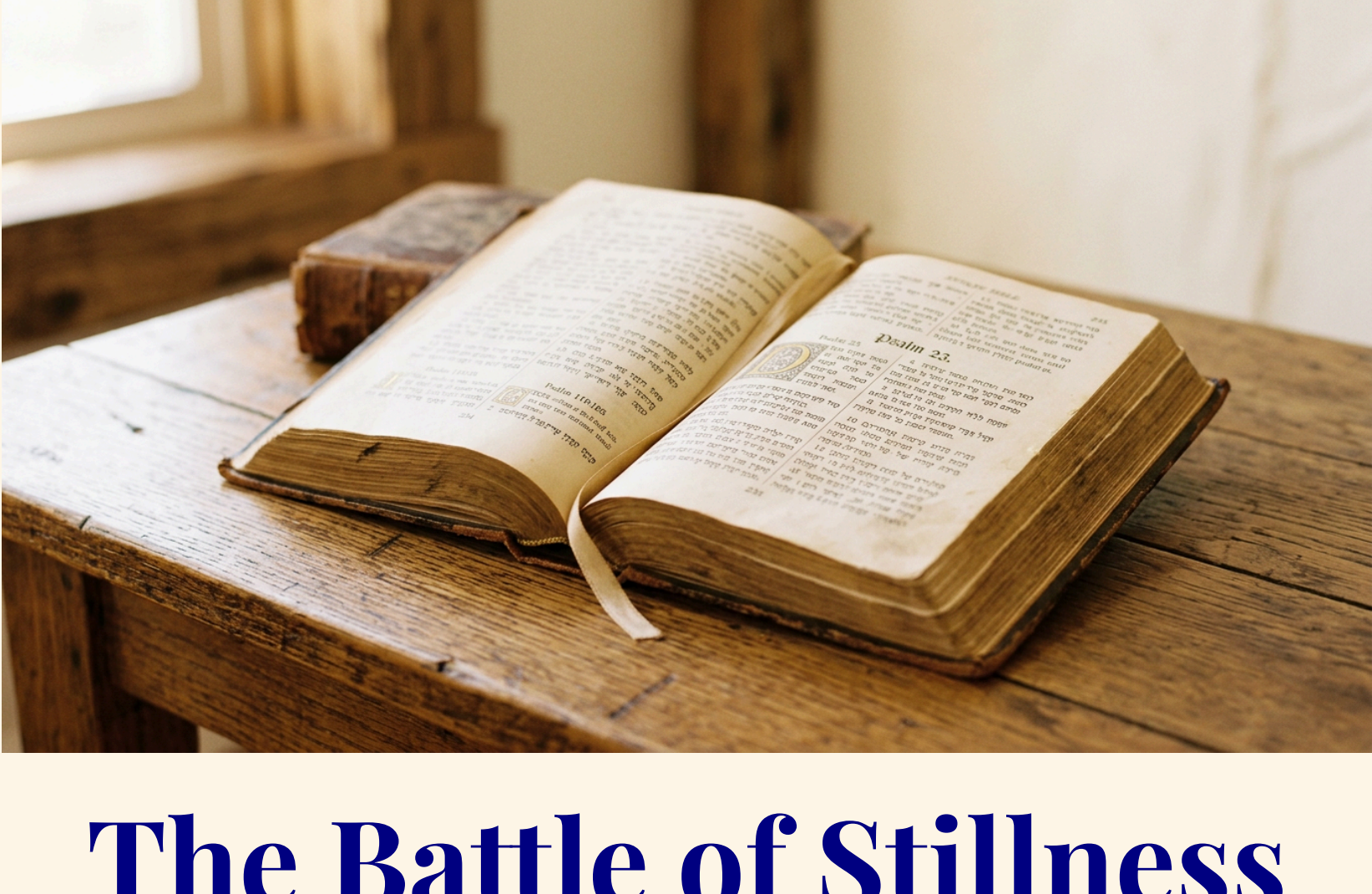




The Battle of Stillness

Free Interactive Study Starter

Dropping Loopholes for God's Higher Ways

By Minister Faith Rubalcava
Ordained Minister | Author | Biblical Studies Creator | Narrative Bookworm

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

Before You Begin

This study is not just something to read. It is something to live.

Before you turn the page, I want to invite you to do something that may feel small but is actually significant: make a covenant. Not with me. With God.

A covenant is not a resolution. It is not a goal you set and revise when life gets busy. It is a declaration — made before God — of the direction your heart is choosing.

If you are ready, write your name below and mean it.

My Covenant of Stillness

"I, _____, covenant before God to lay down my loopholes and pursue His higher ways.

I choose stillness over striving. I choose trust over strategy. I choose His way over my timetable.

I acknowledge that being still is not passive — it is an act of active faith. And I commit, in this season, to return to that posture again and again, even when it costs me something."

Signed: _____
Date: _____

Hold that lightly. And let's begin.

A Word Before We Go In

Hi, friend.

I am so glad this found you.

My name is Faith — I am an ordained minister, a biblical studies creator, a narrator, and a Christian author. I work from home, raising my daughter and building something rooted in faith one word at a time. And this book, The Battle of Stillness, is the most personal thing I have ever put out into the world.

It came from a real place in my walk with God. A place where I knew what He was asking — and I kept finding reasons to do something slightly different. Not disobedience, exactly. More like creative negotiation. The kind of detour we build around obedience when God's way feels too slow, too uncertain, or too quiet for the pace we are used to moving.

Those detours are what I call loopholes. And this book is about dropping them.

What you are holding right now is a taste of the full journey. This free study starter includes one complete lesson from the book, built with the same interactive system that runs through every chapter. Here is what that system looks like, so you know what to expect:

The Dig Deeper Drill — You open your Bible. You find the passage. You write the verse in your own hand. There is something about that act — the slow, deliberate writing — that moves a verse from the page to somewhere deeper.

The Heart Examination — These are not surface questions. They are the kind that require you to sit with them honestly. Take your time. There are no wrong answers. This is between you and God.

The Posture Interrupt — Every lesson includes one physical action to break an anxiety or striving pattern in your body. Because stillness is not only a mental posture. It lives in your shoulders, your breathing, your hands.

A Prayer of Surrender — Written out for you to pray aloud. Reading a prayer out loud is different from reading it in your head. Something shifts when you hear your own voice say it.

The Progressive Memory Challenge — Each lesson carries Psalm 46:10 in a slightly different form, with letters gradually fading until, by the final lesson, you are reciting it from your own heart. That is the goal: to know this verse the way you know your own name.

My prayer is that this one lesson speaks to something real in you. And that when it does, you will come back for the rest of it — because there is so much more waiting inside the full book.

With love and faith,
Minister Faith Rubalcava
Ordained Minister | Author | Narrator | Narrative Bookworm

Lesson 1: The Loophole We Keep Building

On Stillness, Negotiation, and the Higher Ways We Talk Ourselves Around

There is a war most of us are fighting that we never actually name. It is not the war against temptation in the obvious sense. It is quieter than that. It is the war against ourselves when God says wait — and we are absolutely convinced we have a better idea.

The loophole does not look like rebellion. It looks reasonable. It quotes scripture. It involves prayer. It has a plan. And it keeps us moving in just enough of God's direction that we can call it faith — while quietly steering away from the one thing He actually asked us to do.

Psalm 46:10 says: 'Be still, and know that I am God.' It sounds peaceful. It is not, always. Because sometimes the stillness God is asking for is the hardest thing on the list.

But here is what I know: the battle of stillness is not won by white-knuckling your way through the waiting. It is won by returning, again and again, to the knowledge of who God is. Let's go in together.

The Dig Deeper Drill

Your Bible. Your hand. Your words.

Open your Bible to Psalm 46. Read the entire chapter. Notice the context: there are earthquakes. Mountains falling into the sea. Nations in uproar. God is not asking for stillness in a quiet, comfortable room. He is asking for it in the middle of everything.

Now, write out Psalm 46:10 in full below, in your own handwriting — slowly, as if you are writing it for the first time:

'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'

What did you notice as you wrote it? Did the word still feel possible or impossible right now? Circle one:
Possible Impossible Somewhere in between

The Heart Examination

Five questions. Take your time. Be honest. This is between you and God.

1. "Name the thing"
In your current season, what is the one situation God seems to be asking you to be still about? Not in general terms — specifically.

2. "Find the loophole"
What is the loophole you have been tempted to build around it?

The Posture Interrupt

Find a chair or a floor space. Sit down. Place both hands, palms up, on your knees or your lap — open, not gripping. Take one slow breath in through your nose. Hold it for four counts. Release it slowly through your mouth. As you breathe out, consciously relax your shoulders. Let them drop. Unclench your jaw. Release whatever your hands have been holding. Do this three times. Open hands are a posture of surrender. You are not closing your fist around this situation. You are releasing it — physically, right now — into the hands of the God who is holding all of it already. Stay in that posture for sixty seconds before you continue.

A Prayer of Surrender

Lord,

I come to You from a place of honesty. I have been building loopholes. I have been moving in ways that looked like faith but were really just my own plans wearing a spiritual costume. I name that before You now. And I lay it down.

I do not have this figured out. I do not always trust Your timeline. I do not always believe that Your way is better — even when I say I do. And I am asking You to grow my faith past my fear.

Be still, You say. And so I choose stillness. Not because it is easy. Not because the circumstances have changed. But because I know who You are. I know that You are God. I know that Your ways are higher than mine, and that You have never once abandoned something You started.

I release my loophole. I release my strategy. I release the outcome I have been holding onto so tightly. What You have for me is better. I choose to believe that.

Exalt Yourself, Lord. In my life. In this situation. In the places I cannot see. I am still. I am listening. I am Yours.

Amen.

The Progressive Memory Challenge

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
— Psalm 46:10

What's Coming Next

Lesson 2 — The Sound of a Closed Door

"When God says no, He is not withholding. He is redirecting. But the moment of the closed door — before the redirection becomes visible — is one of the hardest places to stay still. Lesson 2 goes there."

There is more. So much more. The full book walks you through every layer of this battle — the places where stillness costs you something real, the moments when the loophole feels like the only reasonable option, and the scripture that keeps calling you back to the higher way.

Every lesson has everything you just experienced: the Drill, the Heart Examination, the Posture Interrupt, the Prayer, the Memory Challenge. Built to pull you into active engagement with God's Word — not passive reading, but genuine transformation.

Get the full journey on Kindle

You Do Not Have to Stop Here

Friend, what you just worked through is real. The covenant you signed. The question you sat with honestly. The prayer you prayed out loud. That is not nothing. That is the beginning of something God can work with. And there is more waiting for you.

The Battle of Stillness: Dropping Loopholes for God's Higher Ways walks you through eleven more lessons — each one going deeper into the places where stillness is hard, where the loopholes are loudest, and where God's higher ways become visible on the other side of surrender.

This is not a book you read passively. It is a book you work through — with your Bible open, your pen in hand, and your heart in the conversation. That is where the real change happens.

Get Your Copy on Kindle

The Battle of Stillness: Dropping Loopholes for God's Higher Ways by Minister Faith Rubalcava — Available now on Amazon Kindle.
Link: <https://amzn.to/4cHNDDN>

I want you to know something before you go: every person who picks up this book is someone I have prayed for. Not by name — I cannot know your name — but by category. The person who is tired of their own loopholes. The person who knows what God is asking and keeps finding reasons to do something slightly different. The person who wants, more than anything, to just trust Him and mean it. That is who this was written for. I am so glad you found it. Come find me, too.

YouTube: [youtube.com/@NarrativeBookworm](https://www.youtube.com/@NarrativeBookworm)
Website: narrativebookworm.com

"The Lord Almighty is with us; the God of Jacob is our fortress." — Psalm 46:11