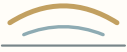


GRACE IN STILLNESS

FAITH-INSPIRED QUIET MOMENTS FOR EVERY DAY

Quiet Notes

Volume 01 / 36 Moments / English + 繁體中文



MOMENT 01 · BEFORE THE LIST BEGINS

Begin gently, exactly where you are.

Morning does not ask whether you are ready. It simply arrives at the window. Beginning needs no proof; it only needs a little room.

Pause with this: What can begin gently today?

時刻 01 · 清單開始前

從此刻，溫柔地開始。

清晨不會問你是否已經準備好。它只是安靜地來到窗邊。開始不必證明什麼，只需要給自己留一點空間。

留給自己：今天，有什麼可以溫柔地開始？



MOMENT 02 · THE WINDOW OPENS SLOWLY

Grace arrives quietly.

The window brightens a little at a time. Not everything needs to be understood at once. Let the air in, and let this moment become a little wider.

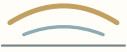
Pause with this: What is slowly opening before you?

時刻 02 · 窗子慢慢打開

光，安靜地來了。

窗子一點點亮起來。有些事情不必立刻明白；先讓空氣進來，先讓這一刻變得寬一點。

留給自己：此刻，有什麼正在慢慢向你展開？



MOMENT 03 · A SMALL BEGINNING

Morning is enough.

You do not have to solve the whole day. One small step, one drink of water, one minute in front of you is already a beginning.

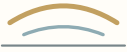
Pause with this: What is the lightest next thing you can do?

時刻 03 · 小小的開始

這個清晨，已經足夠。

你不需要把整天都想清楚。眼前這一小步、這一口水、這一分鐘，就已經是一個開始。

留給自己：你願意先完成哪一件最輕的小事？



MOMENT 04 · LIGHT ON THE KITCHEN FLOOR

The light came anyway.

Light on the floor is not trying to change everything. It simply brightens a small place, enough for you to see the next step.

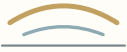
Pause with this: What small light is worth noticing today?

時刻 04 · 廚房地板上的光

光，依然到來了。

光落在地板上，並沒有急著改變什麼。它只是照亮了一小塊地方，而那也足夠讓人看見下一步。

留給自己：今天，哪一點微小的光值得你停下來看看？



MOMENT 05 · ENOUGH FOR THIS MORNING

Today can begin softly.

You do not need to wake up efficient, certain, and full of answers. Taking a little time to gather yourself is also a way of entering the day.

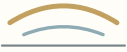
Pause with this: What pace would you like to begin with?

時刻 05 · 這個清晨已足夠

今天，可以輕輕開始。

不必一醒來就變得高效、堅定、充滿答案。慢一點整理自己，也是在好好進入今天。

留給自己：你想用什麼樣的速度開始今天？



MOMENT 06 · START WHERE YOU ARE

You do not have to feel ready to begin.

Maybe you do not feel ready, but you are already here. Many changes begin not with certainty, but with a willingness to try.

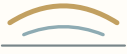
Pause with this: What step is already possible from here?

時刻 06 · 從此刻開始

不必準備萬全，才開始。

也許你還沒有準備好，但你已經在這裡了。很多改變不是從確定開始，而是從願意試一試開始。

留給自己：現在的你，已經可以做哪一步？



MOMENT 07 · THE DAY HAS ROOM FOR YOU

There is room for you in this day.

This day does not belong only to tasks, messages, and other people's expectations. A small part of it can be left for you to breathe and stay awhile.

Pause with this: What small space can you save for yourself today?

時刻 07 · 今天有你的位置

今天，為你留了位置。

今天不只屬於任務、消息和別人的期待。它也可以有一小段時間，留給你自己呼吸和停留。

留給自己：今天，你想為自己留出哪一小段空白？



MOMENT 08 · A GENTLE FIRST STEP

One quiet beginning is still a beginning.

A beginning without applause still counts. You do not need every step to look impressive before you let it happen.

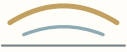
Pause with this: What can you begin without announcing it?

時刻 08 · 溫柔的第一步

安靜的開始，也是開始。

沒有掌聲的開始，也仍然算數。你不必讓每一步看起來都很厲害，才允許它發生。

留給自己：哪一件事，你可以不聲張地先做起來？



MOMENT 09 · NEW MERCY, ORDINARY HOUR

New mercy can look ordinary.

Something new does not always arrive dramatically. It may be a little more patience than you had yesterday.

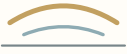
Pause with this: What would you like to offer yourself a little more of today?

時刻 09 · 新的憐憫，平凡的一小時

新的一天，也可以很平凡。

新的東西不一定轟轟烈烈。它可能只是今天醒來時，比昨天多了一點耐心。

留給自己：今天，你願意給自己多一點什麼？



MOMENT 10 · WHEN THOUGHTS GET LOUD

Peace does not have to be loud.

When thoughts arrive one after another, you do not have to push each one away. Hear your breathing first. Come back to this moment.

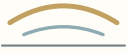
Pause with this: What could make this moment a little quieter?

時刻 10 · 當思緒變得嘈雜

平安，不必很響亮。

當念頭一個接一個趕來，不必急著把它們都趕走。先聽見自己的呼吸，先回到此刻。

留給自己：此刻，什麼能讓你稍微安靜一點？



MOMENT 11 · A PLACE TO SET THE WORRY DOWN

Let this moment breathe.

Worry may not leave right away, but you do not have to keep holding it. Setting it down for a few minutes is still care.

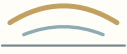
Pause with this: What worry can you set down for five minutes?

時刻 11 · 放下擔憂的地方

讓這一刻呼吸。

擔心未必會馬上離開，但你可以先不一直握著它。把它放在一旁幾分鐘，也是一種照顧自己。

留給自己：有什麼擔心，可以先放下五分鐘？



MOMENT 12 · THE PAUSE BETWEEN MESSAGES

Stay here a little longer.

The message can wait. The next page can wait. You do not have to hand over your attention the moment a notification arrives.

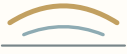
Pause with this: Which notification can wait until later?

時刻 12 · 消息之間的暫停

在這裡，多停一會兒。

消息可以晚一點回，下一頁可以晚一點打開。你不需要每一次提醒響起時，都立刻交出注意力。

留給自己：哪一個通知，可以稍後再處理？



MOMENT 13 · NOT EVERY ANSWER IS NEEDED NOW

The silence is not empty.

Some questions have no answer today, and that does not mean you have done anything wrong. Empty space can be a place where things are slowly taking shape.

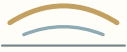
Pause with this: Which question can remain unanswered for now?

時刻 13 · 此刻不必有所有答案

安靜，並不空無。

有些問題今天沒有答案，也不代表你做錯了什麼。空白有時不是缺口，而是事情正在慢慢成形。

留給自己：哪一個問題，可以暫時不求答案？



MOMENT 14 · HOLD THIS MOMENT GENTLY

You can be here without fixing everything.

This moment does not have to be fixed before it can be lived. You can sit here with feelings that have not yet been sorted out.

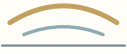
Pause with this: What is one thing you can stop trying to solve today?

時刻 14 · 輕輕托住這一刻

不必解決一切，才能留在這裡。

這一刻不需要被修好，才值得被好好度過。你可以帶著還未理清的心情，坐一會兒。

留給自己：今天，你願意少解決一件什麼事？



MOMENT 15 · THE ROOM IS STILL HERE

The room is still here.

Look around: the table, the window, the cup, the light. The world has not left because you feel anxious. It is still holding you quietly.

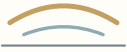
Pause with this: What nearby thing helps you feel grounded?

時刻 15 · 房間仍在這裡

房間仍在這裡。

看一看周圍：桌子、窗邊、杯子、光線。世界沒有因為你的焦慮而離開，它仍在安靜地托住你。

留給自己：現在，哪一樣身邊的東西讓你感到踏實？



MOMENT 16 · BREATHE BEFORE THE NEXT TAB

You do not have to rush.

A river in the mist does not hurry itself to arrive. You do not have to make a decision as soon as every thought appears.

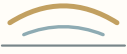
Pause with this: What decision can move a little more slowly today?

時刻 16 · 打開下一頁前先呼吸

你不必著急。

霧中的河流不會催促自己抵達。你也不必在每一個念頭之後，馬上做出決定。

留給自己：今天，哪件事可以慢一點再決定？



MOMENT 17 · A SOFTER KIND OF STRENGTH

Softness can be strong.

Not pushing through is not the same as being weak. Pausing, saying “I am not sure,” and asking for help are quiet forms of courage.

Pause with this: Where can you be softer with yourself today?

時刻 17 · 更柔軟的力量

柔軟，也可以有力量。

不硬撐，不等於軟弱。願意停下來、說出“不確定”、向人求助，都是很安靜的勇敢。

留給自己：你今天可以對自己柔軟一點的地方是什麼？



MOMENT 18 · PEACE CAN BE SMALL

Peace can be small.

A sip of warm water, a quiet stretch of road, one minute away from the screen: these can all be peace. It does not have to be large to be real.

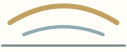
Pause with this: What small peace is already with you today?

時刻 18 · 平安也可以很小

平安，也可以很小。

一口溫水、一段沒有聲音的路、一分鐘不看屏幕，都可能是平安的樣子。它不必很大，才是真的。

留給自己：今天，你已經擁有的一個小小平安是什麼？



MOMENT 19 · YOU CAN STOP CARRYING TODAY

You do not have to carry today.

Today has already happened. What went unfinished, what you did not say well, and what still sits heavily with you do not all have to enter your sleep.

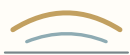
Pause with this: What would you most like to set down tonight?

時刻 19 · 你可以放下今天

今晚，你不必揹著今天。

今天已經發生過了。那些沒有完成的、說得不夠好的、仍然掛在心上的，不必全部帶進睡眠。

留給自己：今晚，你最想先放下什麼？



MOMENT 20 · THE BLUE HOUR IS ENOUGH

Rest before the answers.

Some answers will be clearer tomorrow. Let your eyes and shoulders rest before you ask everything to make sense.

Pause with this: Which answer can wait until tomorrow?

時刻 20 · 藍色時刻已經足夠

答案之前，先休息。

有些答案會在明天更清楚。現在先讓眼睛和肩膀休息，不急著為一切找結論。

留給自己：哪一個答案，可以等到明天再想？



MOMENT 21 · LET THE UNFINISHED REST

Tomorrow can wait.

An unfinished task does not erase what you did today. The list can stay where it is while you return to yourself.

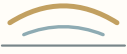
Pause with this: What unfinished thing can you safely leave for tomorrow?

時刻 21 · 讓未完成的暫時休息

明天，可以等一等。

未完成的事並不會因為你睡一覺就否定你。清單可以留在那裡，而你可以先回到自己身上。

留給自己：有哪件未完成的事，可以安心留到明天？



MOMENT 22 · A PRAYER FOR TIRED EYES

Let the night hold what is heavy.

When you are tired, you do not have to keep seeing everything clearly. Close your eyes for a while and let the dark gather up the day's complexity.

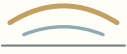
Pause with this: What made both your eyes and your heart tired today?

時刻 22 · 給疲憊雙眼的禱告

讓夜晚托住沉重。

累的時候，不必強迫自己繼續看清所有事情。把眼睛閉上一會兒，讓黑暗替你收起白天的複雜。

留給自己：今天，什麼讓你的眼睛和心都覺得累？



MOMENT 23 · NIGHT DOES NOT ASK FOR PROOF

Be still for a while.

Night does not ask you to keep proving that you are useful, good enough, or not falling behind. You only need to be here now.

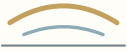
Pause with this: If you did not have to prove anything tonight, how would you spend it?

時刻 23 · 夜晚不要求證明

安靜一會兒。

夜晚不要求你繼續證明自己有用、足夠好或沒有落後。現在的你，只需要安靜地在這裡。

留給自己：如果今晚不必證明什麼，你想怎樣度過？



MOMENT 24 · THE SCREEN CAN GO DARK

The screen can go dark.

The last message, last page, and last refresh all have an ending. Putting the screen down does not mean you are missing your life.

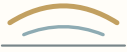
Pause with this: When would you like to say goodnight to your screen?

時刻 24 · 屏幕可以暗下來

屏幕，可以暗下來。

最後一條消息、最後一個頁面、最後一次刷新，總會有盡頭。把屏幕放下，不代表你錯過了人生。

留給自己：今晚，你願意在哪個時刻和屏幕告別？



MOMENT 25 · NOTHING MORE IS REQUIRED

Nothing more is required.

The bedside light is already warm enough. You do not need to complete one more thing before you are allowed to rest.

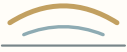
Pause with this: Where can you allow yourself to stop for tonight?

時刻 25 · 不需要再多做什麼

不需要再多做什麼。

床邊的燈亮著，已經足夠溫暖。今晚不需要再額外完成什麼，才能換來休息。

留給自己：你可以允許自己在哪一件事上“到此為止”？



MOMENT 26 · REST IS NOT FALLING BEHIND

Rest is not falling behind.

Stopping does not erase your effort. A path meant to last also needs someone willing to rest when it is time.

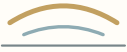
Pause with this: What is hardest for you about resting?

時刻 26 · 休息不是落後

休息，不是落後。

停下來不會抹去你的努力。真正長久的路，也需要有人願意在該休息的時候休息。

留給自己：休息對你來說，最難的部分是什麼？



MOMENT 27 · HELD THROUGH THE DARK

You are not alone in the dark.

At night, many sounds grow louder. Remember that you do not have to keep watch over every worry alone until morning.

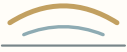
Pause with this: Who or what helps you feel accompanied tonight?

時刻 27 · 在黑夜裡仍被托住

黑夜裡，也有人陪著你。

夜深時，很多聲音會變大。但請記得，你不必獨自把每一份擔心守到天亮。

留給自己：今晚，有誰或什麼能讓你感到被陪伴？



MOMENT 28 · AN ORDINARY TUESDAY

Holiness hides in ordinary days.

Not every day worth remembering has a name. Even an ordinary day carries traces of the way you chose to live it.

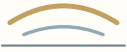
Pause with this: What ordinary moment is worth remembering today?

時刻 28 · 平凡的週二

平凡的日子，也有光。

不是所有值得記住的日子都有名字。平常的一天裡，也有你認真生活過的痕跡。

留給自己：今天，有哪個平凡片刻值得被記住？



MOMENT 29 · GRACE BESIDE THE GROCERY LIST

Small moments matter.

A grocery list, a task, a few steps down the street: these are the real shape of a life. They may not shine, but they keep a day moving.

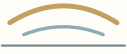
Pause with this: What ordinary thing mattered more than it seemed today?

時刻 29 · 購物清單旁的恩典

小小的時刻，也很重要。

購物清單、待辦事項、路上的腳步，組成了生活真正的樣子。它們不耀眼，卻一直在把日子往前帶。

留給自己：今天，有哪件看似普通的事其實很重要？



MOMENT 30 · THE CUP ON THE TABLE

Warmth lives in ordinary places.

A cup sits on the table while a little steam rises. You do not need a special day before you let a small warmth comfort you.

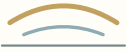
Pause with this: What small thing brought warmth today?

時刻 30 · 桌上的那隻杯子

溫暖，常在尋常處。

一隻杯子放在桌上，一點熱氣慢慢散開。你不必等特別的日子，才允許自己被一點溫暖安慰。

留給自己：今天，哪一件小事讓你覺得溫暖？



MOMENT 31 · A BLESSING IN TRANSIT

Nothing about today is wasted.

Time on the way can look unproductive. Yet you are moving, noticing, passing through, and becoming yourself.

Pause with this: Which part of today's journey invites you to slow down?

時刻 31 · 路上的祝福

今天走過的路，不會白費。

在路上的時間，看起來什麼也沒有完成。可你正在移動、觀察、經過，也正在成為自己。

留給自己：今天走過的哪一段路，讓你願意慢一點？



MOMENT 32 · THE QUIET WORK OF SHOWING UP

Quiet things grow.

Some efforts have no immediate result and no audience. Still, each time you show up, you make a little room for what may come next.

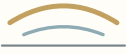
Pause with this: What are you quietly continuing to show up for?

時刻 32 · 出現本身就是安靜的工作

安靜地堅持，也會生長。

有些努力沒有立即結果，也沒有人看見。但一次次出現，本身就在替未來留位置。

留給自己：你正在默默堅持的是什麼？



MOMENT 33 · THERE IS BEAUTY IN REPETITION

There is beauty in repetition.

Washing up, tidying, commuting, replying. Repetition is not always dull; it can be the way you quietly care for a life.

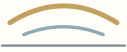
Pause with this: What repeated task deserves to be seen again today?

時刻 33 · 重複裡也有美

重複裡，也有美。

洗碗、整理、通勤、回覆消息。重複並不總是乏味；它也可以是你認真照料生活的方式。

留給自己：今天哪一件重複的小事，值得被重新看見？



MOMENT 34 · A SMALL KINDNESS COUNTS

A small kindness counts.

A gentle reply, a little patience, or room made for someone else may carry more weight than you think.

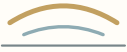
Pause with this: What small kindness can you offer or receive today?

時刻 34 · 小小的善意也算數

小小的善意，也算數。

一句好好說的話、一點耐心、為別人留出的空間，都可能比你想象中更有分量。

留給自己：今天，你願意給出或接住哪一份小小善意？



MOMENT 35 · YOU ARE NOT INVISIBLE HERE

You are not invisible here.

Perhaps no one sees all the effort you make, but your presence is not extra. Every small thing you do takes part in this day.

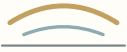
Pause with this: When did you feel truly present today?

時刻 35 · 你在這裡並非無形

你在這裡，並非無形。

也許沒有人看見你全部的努力，但你的存在並不是多餘的。你所做的每一件小事，都在參與這一天。

留給自己：今天，哪一刻讓你感覺自己真實地在場？



MOMENT 36 · THE ORDINARY IS HOLY TOO

The ordinary is holy too.

Life does not have to be extraordinary to be well lived. A meal, a quiet pause, and a kind greeting can make a day whole.

Pause with this: What ordinary thing would you like to thank today?

時刻 36 · 平凡同樣神聖

平凡，同樣珍貴。

不必把生活過得特別，才算沒有辜負它。一頓飯、一段安靜、一句問候，也能讓一天完整。

留給自己：今天，你願意為哪一件平凡小事說一聲謝謝？



Stay in touch

For custom wallpaper requests, quiet notes, and future Moments.

EMAIL

graceinstillness@cx-hi.com

INSTAGRAM

https://www.instagram.com/cx__hii/

WHATSAPP

<https://wa.me/491791602651>
