

STILL SEEN

THE FIRST SEVEN DAYS

*The verse and the small daily practice
from each of the first seven readings,
on cards to cut out and keep.*

Ruth Ellen Hartley
Eventide Editions

START HERE

Read Day 1 first. Then pick up the scissors.

The next three pages are Day 1 of Still Seen, complete, exactly as it appears in the book. It takes about five minutes. Read it in your own chair, with a cup of something, before you do anything else.

After it come seven cards, one for each of the first seven mornings. Each one carries that day's verse and the one small thing to do about it.

HOW TO USE THEM

1. Print the four pages of cards and cut along the dotted lines.
2. Put today's card where you will see it first thing: the refrigerator door, the bathroom mirror, beside the coffee maker.
3. Read the verse out loud. Then do the one small thing written under it. That is all.

One card a morning.

Miss a day and begin again the next. Nothing is broken.

Day 1: The God Who Sees

"Thou God seest me."

Genesis 16:13 (KJV)

The phone has not rung since Tuesday.

You noticed it the way you notice weather. Not with anger. Just a small registering, somewhere under the ribs, that the house has been quiet for a while now, and that the quiet has stopped feeling like rest.

It happens elsewhere too. At the doctor's, where he turns to your daughter to ask how you have been while you sit right there with your hands in your lap. In a room full of family, where the conversation moves on before you have finished your sentence, and nobody means anything by it, and that is somehow worse. Somewhere along the way you stopped being looked at. Not disliked. Simply passed over, the way a person steps around a chair.

There is a woman in Genesis who knew exactly what that was.

Her name was Hagar, and she was nobody. An Egyptian servant, handed to a man she had not chosen, pregnant, and treated so harshly by the woman she belonged to that she walked out into open desert rather than stay. No money. No family within a thousand miles. Nobody in that camp was going to come looking.

She stopped at a spring in the wilderness, which is where people stop when they have nowhere left to go.

And God came to her there. Not a message passed down through Abraham. Not a word sent by way of somebody more important. He came Himself, and the first thing He did was say her name. *Hagar*.

What she says next is one of the most astonishing sentences in Scripture. This woman, with no standing and nobody to speak for her, gives God a name. She is the first person in the entire Bible to do it. Not Abraham. Not Sarah. Her. And the name she chooses is not Almighty, or Everlasting, or Most High.

She calls Him **the God who sees me**.

Now here is the part people skip. God did not take her out of her situation. He sent her back to it. She returned to that same difficult household and lived the rest of that hard chapter. Being seen did not rearrange her circumstances at all. What it did was end her aloneness inside them.

That is the only promise worth making to you, so it is the one this book makes. You will not wake tomorrow twenty years younger, with a full house and a telephone that rings all afternoon. You would not believe anyone who offered you that.

But you have not been unseen for a single day. Not one. Not in the quiet house, not in the waiting room, not at four in the morning when you lie there listening to nothing.

She was not seen because she was important. She was seen because that is what He does.

Today: When you catch yourself feeling passed over — in a store, on the phone, in a room full of people — say these four words to yourself, out loud if you can:

Thou God seest me.

DAY 1 - THE GOD WHO SEES

"Thou God seest me."

Genesis 16:13 (KJV)

TODAY

When you feel passed over today, say the verse out loud.

THE FULL READING FOR DAY 1 IS IN STILL SEEN

DAY 2 - CALLED BY YOUR NAME

"Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine."

Isaiah 43:1 (KJV)

TODAY

Write your full name on a slip of paper. Then say: He has called me.

THE FULL READING FOR DAY 2 IS IN STILL SEEN

DAY 3 - THE TWO SMALL COINS

*"This poor widow hath cast more in, than
all they which have cast into the
treasury."*

Mark 12:43 (KJV)

TODAY

Do one small thing carefully today. It is being counted.

THE FULL READING FOR DAY 3 IS IN STILL SEEN

DAY 4 - EVERY TEAR IN A BOTTLE

*"Thou tellest my wanderings: put thou
my tears into thy bottle: are they not in
thy book?"*

Psalms 56:8 (KJV)

TODAY

When the tears come, do not hurry them away. Say: You are keeping
this.

THE FULL READING FOR DAY 4 IS IN STILL SEEN

DAY 5 - HE DOES NOT SLEEP

"He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep."

Psalm 121:3-4 (KJV)

TODAY

If you wake tonight, say into the dark: You are awake too.

THE FULL READING FOR DAY 5 IS IN STILL SEEN

DAY 6 - SHE ONLY WANTED TO TOUCH THE HEM

"Daughter, thy faith hath made thee whole; go in peace."

Mark 5:34 (KJV)

TODAY

Ask for one small thing you would normally do without. You are not an interruption.

THE FULL READING FOR DAY 6 IS IN STILL SEEN

DAY 7 - HE HAS NOT FORGOTTEN YOUR WORK

"For God is not unrighteous to forget your work and labour of love, which ye have shewed toward his name, in that ye have ministered to the saints, and do minister."

Hebrews 6:10 (KJV)

TODAY

Remember one thing nobody ever thanked you for. Then say: You remember this.

THE FULL READING FOR DAY 7 IS IN STILL SEEN

DAY 8

*The next eighty-three mornings
are waiting in Still Seen.*



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IF YOU HAVE COME THIS FAR

That was one morning out of ninety.

The cards for Days 2 to 7 carry the verse and the small thing to do, but not the readings themselves. Those, and eighty-three more mornings after them, are in the book.

EACH OF THE NINETY DAYS IN STILL SEEN BRINGS

- A verse from the King James Version, most likely the one you learned
- Something ordinary from a day like yours
- The passage told properly, in about five minutes
- One small thing to do about it, today

AND ACROSS THE WHOLE BOOK

- Six sections for the real seasons of later life: being seen, the body's changes, grief, family, memory, and what still lies ahead
- No fixed order. Start on any day. Miss four days and begin again on the fifth
- On Kindle, the type is as large as you like, set from your own device.

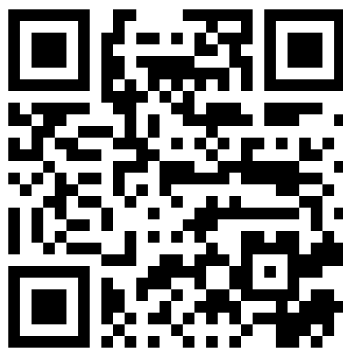
Written for women who have lived a while, and who know that being overlooked is not the same as being forgotten.

AND NOW, THE PART THAT MATTERS

There are eighty-three more mornings.

You can keep these seven cards on the refrigerator and let the eighth week come and go like all the others. Or you can have the whole ninety waiting for you, one each morning, starting tomorrow.

It costs less than a cup of coffee, and it will keep you company for three months.



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Open your phone camera and hold it over the square.
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Keep these seven cards whatever you decide. They are yours.