



SILENCE AND SOLITUDE



Practice the Practice Week 1:

Psalm 37:4 "Delight yourself in the Lord and He will give you the desires of your heart."

This desire you have for God to work in the deep hidden places is actually from Him. It is one of those desires of your heart that He has given you. This is a wonderful place to begin your practice of silence and solitude with Jesus! THIS is your invitation! :)

- This week, set apart 5-10 minutes a day (or longer if you're ready) to take this desire to him. Set a timer so you don't have to think about it.
- Find a comfortable position, and take a few deep breaths to settle your body and mind.
- Offer this time to the Lord as a gift for you to give to Him and one for you to receive from Him.
- In your mind, imagine bringing the desire that surfaced during the group gathering, to the Lord. Hold it up to Him, and then just sit and wait for His response. If your mind wanders (and it most definitely will!! :) notice the distraction, and then let it float away out of your consciousness. Ignoring it will only make it pester you more. Notice it, name it, and then let it go. Some people find it helpful to use one word or very short phrase to call them back to the presence of the Lord. (Father, Jesus, Here I am, the Lord is my Shepherd, rest, Be still etc)
- There is nothing for you to do during this time except BE. Just BE with the Lord. Don't be discouraged if this feels uncomfortable or strange! You absolutely CANNOT do this wrong. Your desire is to BE with God. Your desire is to BE comfortable alone in His presence. This blesses your Father's heart. It also takes time :)

Practice the Practice Week 2:

Solitude Practice Adapted from Sacred Rhythms Ruth Haley Barton

"For God alone, my soul waits in silence. From Him comes my salvation." Psalm 62:1

"The Lord will fight for you.; you need only to be still." Exodus 14:14

- Choose a place that feels comfortable and safe for you, a place that allows you to be open and available to God: a favorite chair at home, your backyard if it is quiet, or even a nearby chapel if you have access to one.
- Settle into a comfortable position in your body and sit quietly for a few moments, breathing deeply, becoming aware of God's presence with you and your desire to be present with God.
- Sit quietly at the base of the tree that is your life and begin to notice what is true about you these days. Don't rush or try to make anything happen. Let your soul venture out and say something to you that perhaps you have had a hard time acknowledging: Is there a particular joy you are celebrating? A loss you are grieving? Are there tears that have been waiting to be shed? A question that is stirring? An emotion that needs expression?
- Sit with what comes into your awareness, becoming conscious of God's presence with you in that awareness. Don't try to do anything with what you are knowing except be with it. (In other words, don't scare it away.) Feel the difference between doing something with it and resting with it. Feel the difference between trying to fight it and letting God fight for you. **What does it mean for you to be still and let God fight (or work) for you in this particular area?**

Practice this way of entering into solitude regularly until it becomes routine for you to begin your times in solitude by being quiet and letting your soul come out and then rest in God's presence. You will likely be surprised at what your soul wants to say to God.

Practice the Practice Week 3:

Solitude practice adapted from Spiritual Disciplines Handbook- Adele Calhoun

- Spend 15 minutes or more alone with God. You can do an activity if you wish: Walk, run, drive, iron. Dedicate the time ahead of you to God.
- Set a timer so you don't have to think about it. If the timer goes off and you are enjoying your time alone, ask Him if He'd like you to extend it. Stay in that space until you feel the gentle blessing and release of the Holy Spirit.
- After the time is up, consider how it was for you to be alone with God. Was it hard? Good? Did God speak to you in any way? Consider journaling your experience or drawing a picture of how you feel.

Practice the Practice Week 4:

Silence and solitude was incorporated into the life and ministry of Jesus as a rhythm. Again and again we watch Him teach, heal, minister to crowds and then go off by himself to the lonely places to pray. The Messiah himself needed this alone time to commune with the Father. He needed to pull away from the demands of life and people and allow his own soul rest. By this example, Jesus has given us a trail map to the only place we can find rest for our souls. He simply says "Come to Me... and you will find rest."

- Choose one of the following passages to sit with: Mark 6:31-32; Matthew 14:22-23; Mark 1:35; Luke 5:16
- Imagine yourself in the passage with Jesus as He goes off to be alone and pray. Ask Him if you can be His silent companion. Walk with Him to the spot, sit with Him, watch Him.
- What do you notice about Jesus? How does it feel to be with Him? Is this hard for you? Can you imagine His face as He sees you seeing Him? What is it saying?
- Consider journaling or drawing about your experience with Jesus in the lonely place.

Practice the Practice Follow Up:

- Go back to one of the practices for the previous week that you particularly enjoyed.
- Repeat the practice and consider staying in that space a bit longer.
- Consider journaling or drawing about your experience. How was it different this time?