

SILENCE AND SOLITUDE

Silence and Solitude: Try it out

God leads us on one step at a time, in steps he knows we can take and sustain. Starting small and working up is better than going big and crashing out! If you currently do not have a weekly pattern which involves silence and solitude then starting with small but consistent times is best.

- Beginners: 10 Mins 3-5 days a week
- Intermediate: 10-15 Mins every day of the week
- Advanced: 30-60 Mins every day

Silence and Solitude: Try something new

Breathing: Breathing is important (duh!) why not use it for prayer allowing God to help you **Breathing Out...letting go of...** Anger - Sadness - Anxiety - Despair - Fear - The Need To Control - Discontentment. And **Breathing In...** all that God wants for you... Love - Joy - Peace - Hope - Trust - Contentment.

Re-directing Distractions: Like with sleep the frustration of not being able to achieve it can make it even harder to achieve. If you are struggling to quieten your mind before the Lord then why not use the weight of the distractions against themselves. Bring each distracting thought to the Lord for prayer and allow him to speak truth into the silence that is then created.

Movement: Our posture can really help us. There is no right one but each can be used to help us into an awareness of God's presence. Kneeling, lying prostrate, walking, dancing are all tried and tested and all seen in the Bible.

Abiding: this is perhaps the simplest but most difficult to achieve...no agenda just distraction free time allowing God to make you aware of who you are 'in Christ'.

Feel - Speak - Listen: Inviting the deep things that we often cover up in the noise, allowing those to come to the surface for God to deal with. Fears, failures, passions, joys, longings can all be hidden by the noise internally and externally. As you feel these things, acknowledge them to yourself and to God, and wait to hear his heart for you.

Silence and Solitude: Verses

“Be still, and know that I am God; *(Psalm 46:10)*

“It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” *(Matthew 4:4)*

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. *(Matthew 6:6)*

After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. *(1 Kings 19:9-13)*

But Jesus often withdrew to lonely places and prayed. *(Luke 5:15-16)*

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. *(Mark 1:35-37)*

Silence and Solitude: Worksheet

Who:

When:

Where:

Why:

How: