



Silence &
Solitude

Moving the Needle

I HAVE COME THAT
THEY MAY HAVE LIFE,
AND HAVE IT TO THE

FULL

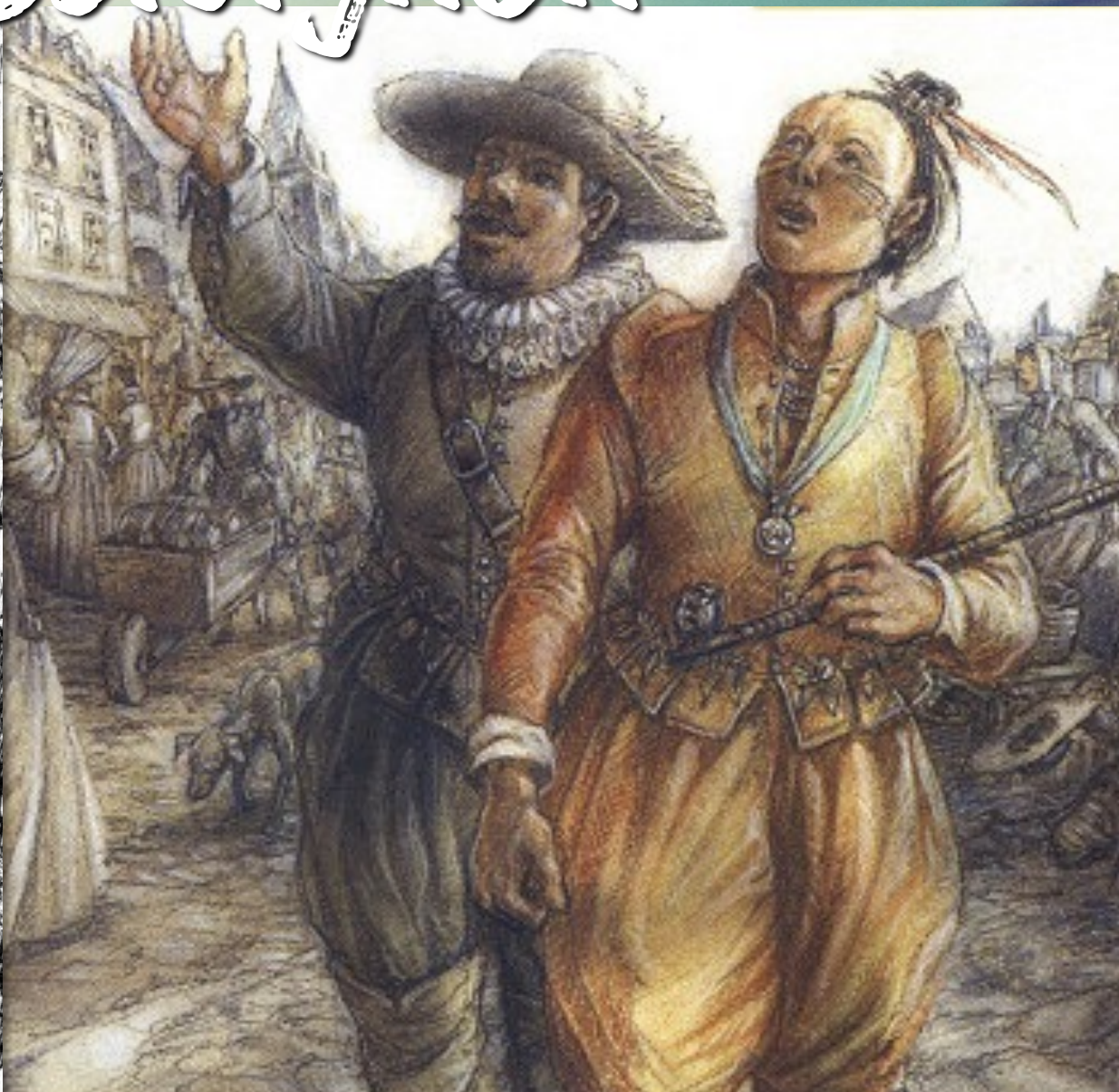
JOHN 10:10



THE PRACTICES OF A DISCIPLE:

1. BE WITH JESUS
2. BECOME LIKE JESUS
3. DO WHAT JESUS DID

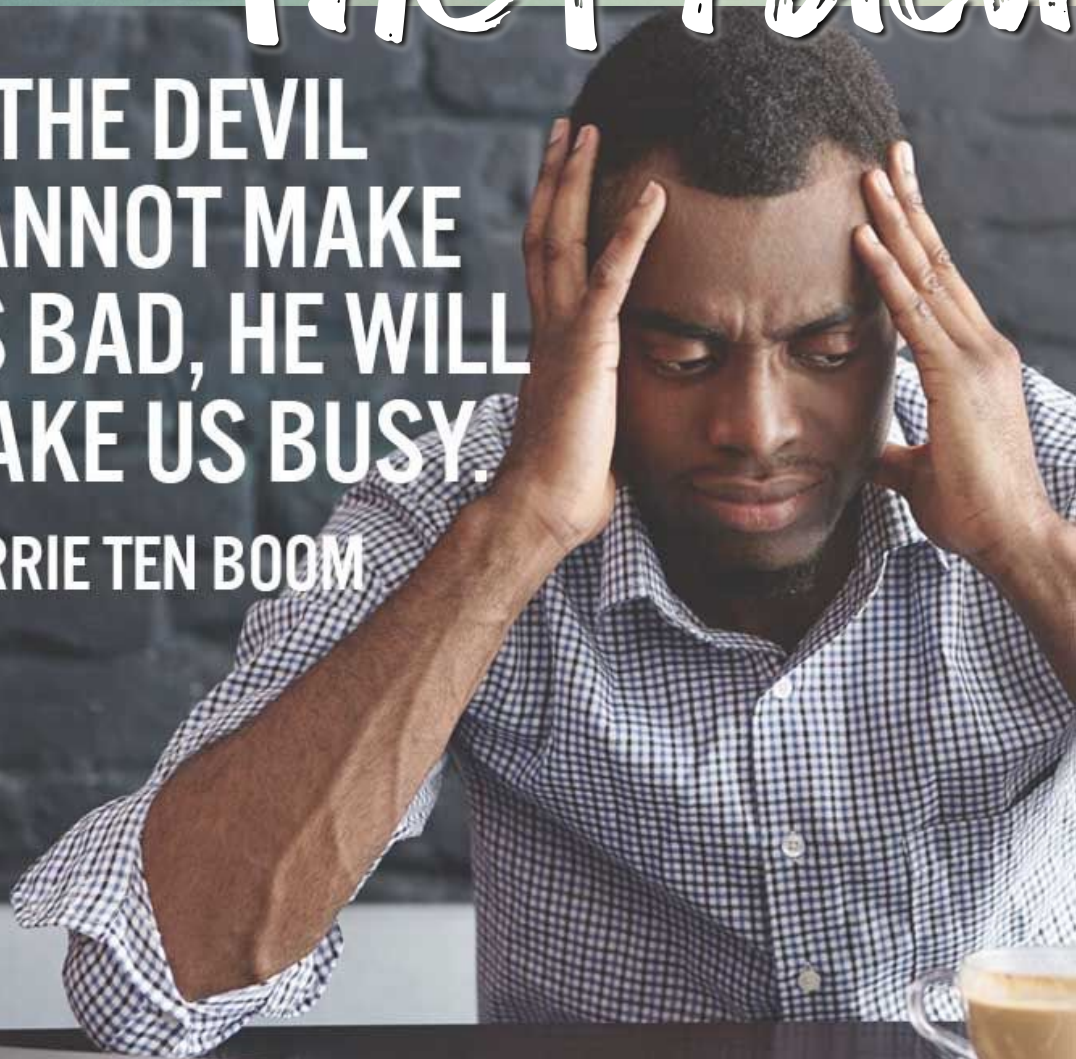
Brûlé & Savignon



The Practice of Being

IF THE DEVIL
CANNOT MAKE
US BAD, HE WILL
MAKE US BUSY.

CORRIE TEN BOOM



~~HURRY HURRY HURRY HURRY HURRY HURRY HURRY HURRY HURRY~~

UNHURRIED:
JESUS SPEED

~~HURRY HURRY HURRY HURRY HURRY HURRY HURRY HURRY~~

What factors keep you from **BEING WITH JESUS?**



What role do you think the regular practice of silence & solitude played in Jesus' emotional health & spiritual life?

Time, Location & Activity

TIME: Jesus chose to rise "before daybreak". Quiet, no one else around.

LOCATION: "Isolated place" Away from noise, busyness, distraction & people.

ACTIVITY: "To pray" He didn't get away to disengage life, but to engage His Father.

JESUS
OFTEN
WITHDREW
TO LONELY
PLACES
& PRAYED

LUKE 5:16



Leaving the Noise

Be still and know that I am God.
Be still and know that I am.
Be still and know.
Be still.
Be.

- St. Patrick

What challenges would you face practicing silence & solitude regularly?

Put it into Practice

A person is standing on a beach at sunset, looking out at the ocean. The person is silhouetted against the bright light of the setting sun. The ocean is calm, and the sky is a mix of orange, yellow, and blue. The person is wearing a dark shirt and shorts.

1. Identify a Time and Place - free from busyness, work, & distractions.

2. Set a Modest Goal - 10 minutes/day, 3-5 days/week.

- Work up from there: Increase to a daily habit; Increase length of time.

3. Practice Silence & Solitude:

- Put away your phone and any other distractions.
- Settle into your space and get comfortable.
- Centre yourself. Close your eyes. Breathe deeply. Release any wild thoughts.
- Spend time "abiding" in Jesus by recognizing His presence with you.
- Welcome love, joy and peace from the Holy Spirit.
- Open yourself to hearing God's voice, release burdens to Him in prayer.
- Close in a prayer of gratitude and commit your next moments to Jesus.