



SOLITUDE AND SILENCE

“Be still and know that I am God.” Psalm 46:10

The Bible tells us this world is relentlessly trying to mold us in its image, while God is working at same time to transform us his image. These are not compatible goals.

“Today, a number of historical circumstances are blindly flowing together and accidentally conspiring to produce a climate within which it is difficult not just to think about God or to pray, but to simply have any inner depth whatsoever... We are distracting ourselves into spiritual oblivion... pathological busyness, distraction and restlessness are major roadblocks today with our spiritual lives.” (Ronald Rolheiser)

Solitude is intentional withdrawal from people, noise, and distractions for purpose of being fully present to God. Space that we make for listening and relationship.

What happens in solitude?

- Gets me in touch with what is true about God.
- Gets me in touch with what is true about me.

How do I practice solitude and silence?

- Find a quiet place that is free from distractions, a place that allows you to be open and available to God.
- Settle into a comfortable position and sit quietly for a few minutes, becoming aware of God's presence with you and your desire to be present with God.
- Use Scripture to listen to God. Example: Psalm 139:23-24.
- Reflect on and notice what is true about you these days.
 - ⇒ Talk with God about whatever is on your heart and mind.
 - ⇒ Is there a hurt you are feeling?
 - ⇒ Sense of spiritual dryness or fatigue?
 - ⇒ Family, health, or relationship concern weighing?
 - ⇒ Decision facing or a question stirring?
 - ⇒ Quietly speak or journal the thoughts and feelings you are experiencing back to God and invite him to be with you in this place. Be ruthlessly honest.
 - ⇒ Rest with confidence in his love for you.