

Silence and Solitude

Starting Practice

Settle In (1 Minute)

Find a comfortable position and allow your body and mind to settle as you take a few deep, slow breaths. Choose a simple word or phrase that expresses your desire for him, like: “Here I am, God.” Repeat this simple prayer a few times, following the cadence of your breath.

Remember God’s Presence (1-2 Minutes)

Remember that God is present with you and desires to meet with you. Choose a scripture verse you can easily meditate on (repeat in your mind) to help focus your thoughts and turn your attention to God. Psalm 46:10, Psalm 23:1, or Psalm 145:18 are a few you could consider.

Rest and Listen (2-6 Minutes)

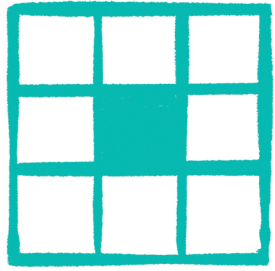
Rest in God’s presence, remembering his love and compassion for you. Resist the urge to “do” anything or control this time in silence—allow yourself to just “be” with God and enjoy his company. If your mind starts to wander, graciously direct your thoughts back to God, perhaps by bringing to mind the same scripture verse from before.

Close With Gratitude (1-2 Minutes)

Thank God for this time with him. Ask him to help you remain aware of his presence as you move through the rest of the day.

Practical Tips for Silence and Solitude :

- Find a consistent time and place to practice silence and solitude for 5-10 minutes, four days a week.
- Consider keeping your phone and any other possible distractions in another room.
- If important things you need to do keep coming to mind, jot those down on a notecard and set them aside. However, avoid making a to-do list.
- Keep a journal with you to jot down any words or images God brings to mind.



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Stretch Practice

Settle In (1 Minute)

Find a comfortable position and allow your body and mind to settle as you take a few deep, slow breaths. Choose a simple word or phrase that expresses your desire for him, like: “Here I am, God.” Repeat this simple prayer a few times, following the cadence of your breath.

Remember God’s Presence (1-2 Minutes)

Remember that God is present with you and desires to meet with you. Choose a scripture verse you can easily meditate on (repeat in your mind) to help focus your thoughts and turn your attention to God. Psalm 46:10, Psalm 23:1, or Psalm 145:18 are a few you could consider.

Rest and Listen (7-10 Minutes)

Rest in God’s presence, remembering his love and compassion for you. Resist the urge to “do” anything or control this time in silence—allow yourself to just “be” with God and enjoy his company. If your mind starts to wander, graciously direct your thoughts back to God, perhaps by bringing to mind the same scripture verse from before.

Close With Gratitude (1-2 Minutes)

Thank God for this time with him. Ask him to help you remain aware of his presence as you move through the rest of the day.

Practical Tips for Silence and Solitude :

- Find a consistent time and place to practice silence and solitude for 10-15 minutes daily.
- Consider keeping your phone and any other possible distractions in another room.
- If important things you need to do keep coming to mind, jot those down on a notecard and set them aside. However, avoid making a to-do list.
- Keep a journal with you to jot down any words or images God brings to mind.