

SILENCE AND SOLITUDE GUIDE



THIS IS THE WAY

" Without solitude it is virtually impossible to live a spiritual life. We do not take the spiritual life seriously if we do not set aside time to be with God and listen to him. "

- Henri Nouwen

FIND A COMFORTABLE AND QUIET SPACE

We want to invite you to find a comfortable and quiet space with limited distractions (including your phone). Have your Bible and journal available to write down anything that the Spirit may speak to you in this time.

**Settle into a comfortable position
and take three deep breaths –
inhale deeply
and exhale slowly.**

Taking 20 minutes of silence and solitude, alone with God, consider the following questions:

- **How are you really doing at a soul level?**
- **Are you content and satisfied most of the time? How much of life do you enjoy? How often do you feel lighthearted? Are you excited about your future? Do you feel deeply loved?**
- **How connected are you to the presence of God deep within? How much are you doing what you do out of a sense of what God is calling you to?**

- **What is your personal 'rule of life'?**

A Rule of Life is *"... a schedule of practices and relational rhythms that create space for us to be with Jesus, be like Jesus, and do what He did. "* -John Mark Comer

- **What do you need to cut out of your life to make more space to be alone with Jesus? How can you protect this space that satisfies the deep, empty places of your soul?**

As you become quiet, allow your thoughts and feelings to come to the surface: feel them, name them, notice where you're feeling it in your body, sit with them, and express them to God. Allow that to be an invitation to open yourself to God in new ways.

Let go of any agenda now and just enjoy resting in your creator's presence. Spend time looking at God, looking at you, *in love*.

A full-page background image of a desert landscape. In the foreground, there are large, smooth sand dunes with visible ripples in the sand. The dunes are bathed in the warm, golden light of a sunset or sunrise. In the distance, more dunes and a flat horizon line are visible under a sky filled with soft, wispy clouds in shades of orange, yellow, and blue. The overall mood is serene and contemplative.

ADDITIONAL RESOURCES

[Rule of Life Workbook](#)

[Developing a Rule of Life](#)

[Skip Resolutions – Make a Rule of Life](#)