

## WEEK 5 — Silence and Solitude

### Day #2

*Alone, without distractions, we put ourselves in a place where God can reveal things to us that we might not notice in the normal preoccupations of life.*

~ Adele Ahlberg Calhoun

#### **Be Still:**

Find a place that is quiet and comfortable.

**Prayer:** *Speak Lord, your servant is listening.*

#### **Silence:**

Become aware of the stillness. Hear the sounds that you are typically unaware of. Set a timer and remain quiet for 2-5 minutes.

If your mind wanders, imagine that Jesus is with you. Imagine that he is calling you, inviting you to hear his voice.

**Read:** [John 10:1-21](#)

#### **Reflect:**

- What does this parable say about hearing? Listening? Following?
- In this parable who is Jesus? What is Jesus doing?
- Who are the followers?

#### **Rest:**

Later today, find a moment to be alone and still. Imagine you are one of the sheep in the pasture with the Shepherd. Can you hear Jesus' gentle voice speaking to you? What is he saying? Write down, in a word or a sentence, what you heard.

### NOTES

## WEEK 5 — Silence and Solitude

### Day #3

*If you can't take time to do nothing, you're a slave to doing. Doing nothing is a radical, revolutionary act. It frees you from the universal slavery of our age: slavery to the clock. The clock measures doing but not being.*

~ Peter Kreeft

#### **Be Still:**

Find a place that is quiet and comfortable.

**Prayer:** *Speak Lord, your servant is listening.*

#### **Silence:**

Become aware of the silence. Hear the sounds that you are typically unaware of. Set a timer and remain silent for 2-5 minutes.

If your mind wanders, pause, write down what's on your mind. Return to silence.

**Read:** [Luke 10:38-42](#)

#### **Reflect:**

- What did this story teach you about busyness and distractions?
- Are you busy or constantly striving?
- Can you hear Jesus' voice amidst the noise of your life?
- What is the "one thing" Jesus spoke about in verse 42?
- What are you hearing from God today?

#### **Rest:**

Find a moment to be alone and still. Imagine you are sitting at Jesus' feet as he teaches. What is he saying to you? Write down, in a word or sentence, what you heard.

### NOTES

## WEEK 5 — Silence and Solitude

### Day #4

*In solitude we see how little we embrace our true identity in Christ. And we find the truth of who we are in Christ. We are beloved, and God is pleased with us. This identity is given; it is not earned.*

~ Adele Ahlberg Calhoun

#### **Be Still:**

Grab your Bible and guide and find a spot outside to be still and silent.

**Prayer:** *Come Holy Spirit, come.*

#### **Silence:**

Set a timer and remain quiet for 2-5 minutes. Become aware of the stillness. Hear the sounds of nature. If your mind wanders, notice the leaves and the wind. Sense God's presence.

**Read:** [Ephesians 2:1-10](#); [Galatians 4:6-7](#); [Romans 8:15-16](#); [2 Corinthians 5:17](#)

#### **Reflect:**

- What do these verses tell us about God?
- What do they tell you about your identity?
- How is God speaking to you?

#### **Rest:**

Spend a few more moments in silence reflecting on these verses. What God is saying to you?

### NOTES

## WEEK 5 — Silence and Solitude

### Day #5

*What a serene and quiet life might you lead if you would leave providing to the God of Providence!*

~ Charles Spurgeon

#### **Be Still:**

Grab your Bible and guide and find a spot outside to be still and silent.

**Prayer:** *Come Holy Spirit, come.*

#### **Silence:**

Set a timer and remain quiet for 2-5 minutes. Become aware of the stillness. Hear the sounds of nature. If you're mind wanders, focus on the world around you. What do you hear? What do you see in nature? Sense God's presence.

**Read:** [Luke 12:22-32](#)

#### **Reflect:**

- What do Jesus' words teach you about worry and trusting God?
- What is one word or phrase that jumped out at you?
- How is Jesus speaking to you?
- How will you respond to Jesus' voice?

#### **Rest:**

Spend a few more moments in silence to rest in God's presence. Meditate upon your findings.

### NOTES

## WEEK 5 — Silence and Solitude

### Day #6

*Reading about nature is fine, but if a person walks in the woods and listens carefully, he can learn more than what is in books, for they speak with the voice of God.*

~ George Washington Carver

#### **Be Still:**

Grab your Bible and guide and find a spot outside to be still and silent.

**Prayer:** *Speak Lord, your servant is listening.*

#### **Silence:**

Set a timer and remain quiet for 2-5 minutes. Become aware of the stillness. Hear the sounds of nature. If you're mind wanders, focus on the world around you. What do you hear? What do you see in nature? Sense God's presence.

**Read:** [Psalms 104](#)

#### **Reflect:**

- How did you experience Psalm 104?
- What did you hear? What did you see?
- How were you comforted?

#### **Rest:**

Spend a few more moments in silence to rest in God's presence. Thank him for this week. Thank him for creation. Thank him for taking care of you.

### NOTES

## WEEK 5 — Silence and Solitude

### Day #1

*Silence is not to be shunned as empty space, but to be befriended as fertile ground for intimacy with God.*

~ Susan Muto

#### **Be Still:**

Find a place that is quiet and comfortable.

**Prayer:** *Speak Lord, your servant is listening.*

#### **Silence:**

Become aware of the silence. Hear the sounds that you are typically unaware of. Be still and silent for at least 2 minutes. Set a timer if necessary. Try not to let your mind wander.

If your mind wanders, continue to pray the prayer.

**Read:** [1 Samuel 3:1-21](#)

#### **Reflect:**

- What did this story about Samuel teach you about silence? Hearing from God?
- Can you hear his voice amidst the noise of your life?
- How do these words speak into or instruct you about hearing from God?
- What are you hearing from God today?
- Is silence difficult for you?

#### **Rest:**

Take a moment to continue in the silence then tell God about your experience.

### NOTES