

SOLITUDE AND SILENCE

A spiritual discipline to cultivate the love of God in the soul

1. BE STILL AND SILENT IN GOD'S PRESENCE

- Relax your body and settle into a comfortable position
- Focus on your breathing – three deep breaths in and out
- Imagine Jesus next to you
- Express your desire for God – “Here I am”, “I miss you”, “Come Jesus”
- Express your gratitude for God's presence

2. REFLECTION – name, feel, sit, express your soul

Let your awareness turn to the last week or month.

- How have you experienced God's presence?
- What has been life-giving? What has been life-draining?
- What are your joys?
- What feelings are you experiencing? What thoughts have you been wrestling with?
- What questions arise? What challenges/difficulties are you facing?
- How has God been involved in this area of your life?
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As you reflect, notice any desires of your soul that emerge.
Name it. Feel it. Sit with it. Express it.

3. CONNECT WITH GOD

Connect with God through practices that help you engage with him and rest in his presence. You might read Scripture, practice, centering prayer, write a psalm, or make a gratitude list. Do anything that you desire that makes space for your soul to worship and listen.

- What is God saying to me about my soul?
- Read Scripture and listen for the word or phrase that strikes you, or catches your attention
- Read it slowly, pausing between phrases and sentences
- Sit on that word without evaluating or analysing it
- How is my life touched by this word? How does it speak to my reflections?

4. RECEIVE AND RETURN

- Are there any shifts or changes that have taken place since you first entered into solitude?
- Is there anything that you know more clearly now than when you did before you became quiet?
- Is there any guidance or invitation from God in this?
- What does God want me to obey?