

Practice: Solitude

PRACTICING THE WAY



Solitude

- Luke 5:15-16
- Matthew 26:36-39
- Mark 1:32-39

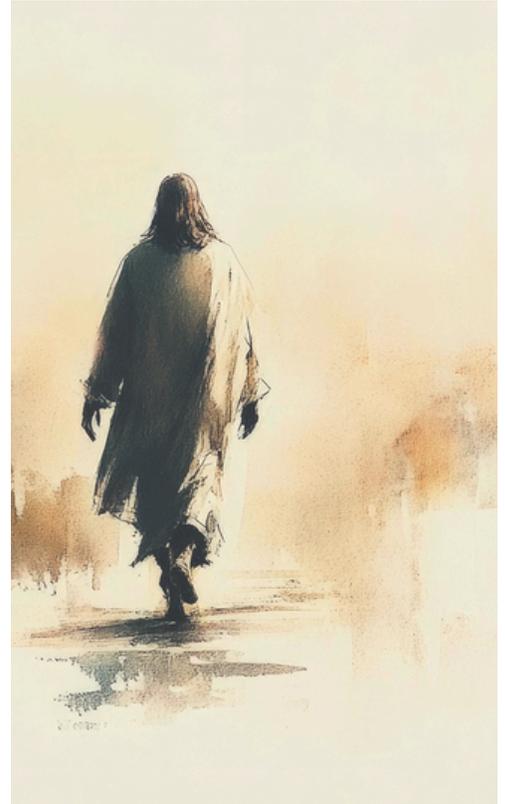
Notes:

My definition of solitude:

EXERCISE

Begin your day with a few minutes of solitude, silence, and stillness.

- Find a quiet place
- Begin with breathing
- Welcome God in
- Rest in God's love
- Follow your heart
- Close with a prayer of gratitude



Tips on beginning a new practice

Start small

Think subtraction

You get out what you put in

Remember the J curve

Repetition important

“Solitude is not a private therapeutic place. Rather, it is a place of... encounter.”

Henri Nouwen

DISCUSSION QUESTIONS

Is solitude a practice in your life right now?

How are you hoping to grow in your practice of solitude?

What support do you need from this community as we go on this journey with God?

going deeper

READING LIST

Invitation to Solitude and Silence, Ruth Haley Barton

The Power of Silence, Robert Cardinal Sarah

The Way of the Heart, Henri Nowen

The Ruthless Elimination of Hurry, John Mark Comer

Poustinia: Encountering God in Silence, Solitude, and Prayer,
Catherine Doherty

ADDITIONAL EXERCISES:

- Practice solitude for a full hour each morning before touching your phone
- Set aside one full day a week and turn all devices off or put them away

