

# Silence and Solitude

A practice that allows space for God's Spirit to surface and speak to our deepest longings and desires.

**Psalm 46:10 – “Be still and know that I am God...”**

Recognize the value of silence and solitude. Much like the speed of a water skier keeps them on the surface of the lake, so the hectic pace of life keeps us from ‘sinking in’. Silence and solitude allow us to ‘sink in’ to the quiet space where God's Spirit can speak to our spirit.

Get alone. Find a place and time free of distractions where you will not be interrupted. Remember, there is no perfect place or time, so go with what you have.

Open a conversation with God. The following are a few suggestions.

Be still enough to allow your own longings and desires to surface and bring them into conversation with God. The Noticing Exercise may be helpful in this process. Don't rush to ‘do’ something. Learn to simply be quiet and still.

Journal. Silence has a way of allowing unwanted thoughts and feelings to surface. While this can be unnerving, know this is both normal and good! You may want to have a journal to write down, the best you can, what you are thinking and feeling, pausing frequently to listen to what the Holy Spirit may be speaking or revealing.

This may be a difficult or frustrating practice for many of you. That's OK! It is important to remember that the goal of silence and solitude is not to have an amazing encounter with God every time. The goal is to develop the ability to be still, and in time, that stillness provides space for God's Spirit to speak. So begin with five or ten minutes and go from there. It might even grow into an entire day of silence and solitude with just you and God.