

SOLITUDE GUIDE

PANTANO CHRISTIAN CHURCH

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This short guide is to give you a taste of what it might look like to incorporate silence and solitude with Jesus into your daily life. The goal of the practice of silence and solitude is to be quiet, to be present with yourself and with God; to open your heart and mind to Jesus and hear from Him.

To use this guide in the best way, here are a few things we'd recommend:

1. Pick a time when you can best practice your solitude. If you don't schedule something, it can often be hard to find the time for it. If you're a morning person, do it as you start your day. If you're a night owl, try practicing before bed. If your lunch break works, do it then. There isn't a perfect time, just setting one is the goal.
2. Set aside 5-10 minutes. If you can go longer, great, but start small if this is new for you.
3. Turn your phone and computer off.
4. Find a comfortable chair.
5. Relax and breathe.
6. You don't have to use this guide every day, so don't beat yourself up if you miss a day. We are starting a practice.
7. Remember that Isolation disconnects and solitude connects.

Each day starts with 2 minutes of being quiet before God. This is a time to breathe, let go of worries, anxieties, and hand them to Jesus. Ask God to make you aware of his presence with you and to speak to you. Each day, there is a reading from the Psalms, which is a prayer book in the Old Testament. You can use the Psalm as a prayer for the day or focus on a word, phrase, or verse that stands out to you. Then, finish with 2 minutes of being quiet before God and processing what the Holy Spirit brought to mind.

DAY 1

Silence and stillness before God (2 minutes)

Scripture reading: Psalm 8

- Write down a verse, word, or phrase that stood out to you from this Psalm.
- What does God want to show you through this verse, word, or phrase?
- What does God want you to know about Him and/or yourself through this word or phrase?

Conclude with silence (2 minutes)

DAY 2

Silence and stillness before God (2 minutes)

Scripture reading: Psalm 13

- Write down a verse, word, or phrase that stood out to you from this Psalm.
- What does God want to show you through this verse, word, or phrase?
- What does God want you to know about Him and/or yourself through this word or phrase?

Conclude with silence (2 minutes)

DAY 3

Silence and stillness before God (2 minutes)

Scripture reading: Psalm 23

- Write down a verse, word, or phrase that stood out to you from this Psalm.
- What does God want to show you through this verse, word, or phrase?
- What does God want you to know about Him and/or yourself through this word or phrase?

Conclude with silence (2 minutes)

DAY 4

Silence and stillness before God (2 minutes)

Scripture reading: Psalm 121

- Write down a verse, word, or phrase that stood out to you from this Psalm.
- What does God want to show you through this verse, word, or phrase?
- What does God want you to know about Him and/or yourself through this word or phrase?

Conclude with silence (2 minutes)

DAY 5

Silence and stillness before God (2 minutes)

Scripture reading: Psalm 139

- Write down a verse, word, or phrase that stood out to you from this Psalm.
- What does God want to show you through this verse, word, or phrase?
- What does God want you to know about Him and/or yourself through this word or phrase?

Conclude with silence (2 minutes)

If you found this short guide helpful, we'd recommend purchasing ***Emotionally Healthy Spirituality Day by Day: A 40-Day Journey with the Daily Office*** by Pete Scazzero to continue in this journey of incorporating silence and solitude into your life.

In addition, the following questions are ones that we would recommend spending some time working through as you think about how fully charged you are personally, in your relationship with God, so that you are able to be fully charged in your relationships.

1. On a scale of 1 to 10, how fully engaged am I at home and work? What is standing in my way?
2. How closely does my everyday behavior match my values and serve my mission? Where are the disconnects?
3. How fully am I embodying my values and vision for myself at work? At home? In my community? Where am I falling short?
4. How effectively are the choices that I'm making physically – habits of nutrition, exercise, sleep, and the balance of stress and recovery – serving my key values?
5. How consistent with my values is my emotional response in any given situation? Is it different at work than it is at home, and if so, how?
6. To what degree do I establish clear priorities and sustain attention to tasks? How consistent are those priorities with what I say is most important to me?

7. How do my habits of sleeping, eating, and exercising affect my available energy?
8. How much negative energy do I invest in defending myself – frustration, anger, fear, resentment, envy – as opposed to positive energy utilized in the service of growth and productivity?
9. How much energy do I invest in myself, and how much in others, and how comfortable am I with that balance? How do those closest to me feel about the balance I've struck?
10. How much energy do I spend worrying about, feeling frustrated by, and trying to influence events beyond my control?
11. Finally, how wisely and productively am I investing my energy?
12. What's my current word from the Lord? (It's not new, but what is God whispering to you lately?) If you have a **"One Word"** what is God trying to say to you related to your word for the year?
13. What's my current obedience to the Lord? What do I need to say "yes" to the Lord about? (There can be a sacrifice without obedience, but there can't be obedience without sacrifice.)
14. What is my current awe before the Lord? Will I get on God's agenda and trust Him to take care of my agenda?

