

DRINKING DEEP

S O L I T U D E & S I L E N C E

REMEMBER: SPIRITUAL DISCIPLINES ARE WAYS TO
CREATE SPACE FOR GOD TO SPEAK AND ACT.

OUR WORLD IS NOISY AND HURRIED, AND FEW OF US
STOP TO BE STILL. A VITAL PART OF OUR SPIRITUAL
FORMATION IS LEARNING HOW TO SLOW DOWN AND
BECOME PRESENT IN THE PRESENT MOMENT. WHEN WE
DO THIS, WE WILL BECOME INCREASINGLY AWARE OF
GOD IN OUR MIDST.

TO PARAPHRASE THE PSALMIST, WE
MUST BE "STILL" TO KNOW THAT GOD IS "GOOD"
(PSALM 46:10).

THE ACTIVITY OF THE WEEK:

1. READ. BEGIN YOUR TIME OF SILENCE EACH DAY BY READING PSALM 46:10 -11.
2. SILENCE. TRY TO FIND FIVE MINUTES EACH DAY TO SPEND ALONE IN SILENCE. THIS COULD BE IN A COMFORTABLE CHAIR WITH A CUP OF SOMETHING WARM AND DELICIOUS, OR IT COULD BE WALKING OR SITTING OUTSIDE IN NATURE.

SOME TIPS:

- TURN OFF OR PUT AWAY YOUR PHONE (UNLESS YOU ARE USING IT AS A TIMER).
- TRY TO LOOK THROUGHOUT THE WEEK FOR LITTLE FREE SPACES IN YOUR DAY, SUCH AS BREAKS BETWEEN ACTIVITIES.
- GET UP A LITTLE EARLIER OR LEAVE FOR YOUR NEXT APPOINTMENT A LITTLE SOONER SO THAT WHEN YOU ARRIVE YOU WILL HAVE EXTRA TIME TO FIND A QUIET PLACE AND "JUST BE."
- ALLOW YOURSELF PERMISSION FOR THIS TO FEEL AWKWARD THE FIRST COUPLE OF TIMES. PUSH THROUGH IT.
- IF YOU ARE OUTSIDE, PAY ATTENTION TO THE SIGHTS AND SOUNDS AROUND YOU. IF YOU HAVE ACCESS, GO TO A PARK OR A TRAIL WHERE THERE ARE RELATIVELY FEW PEOPLE. NOTE THE BEAUTY OF THE CREATED WORLD AROUND YOU AND REFLECT ON WHAT IT COMMUNICATES ABOUT GOD.
- AT THE END OF YOUR TIME, MAYBE ASK GOD "IS THERE ANYTHING YOU WANT TO SAY TO ME?"

WEEKLY PRACTICE

EXPERIENCING LIFE WITH GOD

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For Reflection with a small group or a friend:

1. Were you able to practice the exercises this week?
If so, describe what you did and how you felt about it.
2. What, if anything, did you learn about God or yourself through the exercises?
3. Was it hard for you to find five minutes for silence each day?
4. What stood out for you as you paid closer attention to the created world around you?

NOTES

How did you experience God in this activity? Share it with us!
Email stories@newheightschurch.com

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