

Silence and Solitude

Silence creates a space for focused listening, enabling us to discern God's guidance and presence more clearly.

Lessons for us to consider

1. Silence and solitude can help us understand God's purpose for our life.
2. Solitude elevates our dependance on God and lessens our dependence on ourselves.
3. We ought to make our time with God a priority before we act on life choices and endeavors.
4. Our ultimate dependence on God comes from our one-on-one times with Him.
5. Silence and solitude are necessary disciplines of the Christian life if we want to maintain consistency in our walk.

Three results from silence and solitude

1. Freedom
2. Perspective
3. Aid to Other Disciplines

Three steps to practicing silence and solitude

1. Give God more chances throughout the day to speak.
2. Identify a location that is "your place" for solitude and silence.
3. Take a day away every few months to evaluate and to rethink your life goals

Challenge for this week:

1. Do the first step three times before next Sunday.
2. Be attentive to what the Holy Spirit may be trying to say to you.