

Solitude and Silence Workshop
Got Thirst? Women's Weekend
Crossroads Bible Church, April 24th, 2010

What is solitude?

Solitude is a way of life you prayerfully submit yourself to.

The practice of solitude involves scheduling enough uninterrupted time in a distraction –free environment that you experience isolation and are alone with God. (Calhoun, pg.112)

Mark 1:35 – Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

What is silence?

Silence is a regenerative practice of attending and listening to God in quiet, without interruption and noise. Silence provides freedom from speaking as well as from listening to words or music. (Calhoun pg. 107)

Psalm 46:10 - Be still and know that I am God.

What are some of the benefits of setting aside times for silence or solitude?

Quotes to consider:

In silence we begin to recognize that a lot of our God-talk is like a finger that points to the moon. The finger that points to the moon is not the moon. Pointing to the moon, talking about the moon, involving ourselves in study and explanation about how the light of the moon is generated is not the same thing as sitting in the moonlight, letting the moon beams fall around us illuminating what they will. It is not the same thing as noticing how everything is transformed by the numinous light. When we sit in the light of the moon, we don't try to figure it out, explain it or force it to be anything other than it is. We just enjoy sitting in the midst of it. (Invitation to Solitude and Silence by Barton, pg. 75)

Restfulness is a form of awareness, a way of being amid the noise of life. It is being in my ordinary, busy life with a sense of ease, gratitude, appreciation, peace and prayer. It is a robin sitting peacefully on her nest, perched on a branch above a thundering waterfall. I wanted to become like the robin. I longed for the stillness in the midst of real life. I had too many jobs, not enough hours in my day and an aging body. Then God began to teach me about stillness. (Satisfy by Thirsty Soul by Dillow, pg 56.)

Practice suggestion for today:

Silence: 10-15 minutes

- 1) Read all the way through the list below then come back and practice the steps listed here:
- 2) Find a way to sit that is comfortable for you and will help you to remain alert.
- 3) Begin the silence by quoting a verse that acknowledges your desire to simply be with God. If one doesn't come to mind, then please use one of the two verses listed on page one of the handout. Now put that scripture into your own words. Now sit silently and be with God. If this is your first time then sit silently for 5 to 10 minutes. If your mind wanders bring your thoughts back to the Lord by quoting a phrase from the verse.
- 4) Regardless of whether this was a positive or negative experience, talk to God about it truthfully. If you have questions for the Lord, write them down. Trust God to answer your prayers in His time.

Solitude: 10-15 minutes

- 1) Pray and ask the Lord to help you discover when you can schedule some time alone with him in the next two weeks.
- 2) Write down the ideas that come to you.
- 3) If you have any remaining time before you are due back inside, please consider writing a list of things you are grateful to the Lord for today.

Dear ladies,

Thanks for joining me today. Please take note of the other ladies that were in the room with us. If the Lord gives you the opportunity, ask them about the workshop and their interest in practicing silence and solitude in their relationship with the Lord.

In addition to being a student of the Word of God for a couple of decades, I have been reading about and practicing silence and solitude for a few years now. It has been a baby step path for me. If you would like to meet for lunch or coffee to talk about this subject, please don't hesitate to call me or email me.

If you'd like to join a group of ladies praying together, we'd love to have you on Thursday mornings at 9:00am in the prayer room. I pray that the whole weekend is a great source of joy for you.

Grace & Peace,

Cheri

Contact Information:

Facebook

Email Address: cheri_hudspith@yahoo.com

Home number: 469-322-4428

Blog – beloved.daughter.blogspot.com

Resources:

Satisfy My Thirsty Soul by Linda Dillow (Chapter 3)

Spiritual Discipline Handbook: Practices that Transform Us by Adele Calhoun

Invitation to Silence and Solitude by Ruth Haley Barton

The Father, The Son and The Holy Spirit and their Holy Scriptures