

SOLITUDE

Liturgy is nothing more than a form for offering worship and glory to God. This liturgy is for you as you guide a room to worship and see the glory of God through the practice of Solitude.

Solitude was a practice used by Jesus before going into public ministry. To find solitude, Jesus walked to the Judean Desert, sometimes called the Yeshimon, *the wilderness*. Like a wilderness, solitude is a dry, hard, and avoided place. There we are forced to face fatigue, sorrow, anger, fear, and shame without distraction. When these are walked through, God ministers to us so that we may keep our soul in Him.

The following liturgy has been provided as an example for your benefit to gently guide the room to meet with God.

Supplies: Bible (unless used to distract the room)

Introduction: Each week we enter this room under the weight of busyness. Let us, in this space, set the responsibilities of our day down to free our souls and awaken our spirits to the study of God's presence before we study (insert course title).

Tonight, we will practice Solitude. This is the act of being still to know God and recognize we are not. This quiet form of prayer forces us to observe our fears and inadequacies so that we may find ourselves in the arms of our perfect Father.

In this moment, you may use a short verse to focus your attention on the presence of God when your mind drifts to tasks, errands, or worrisome distractions.

I suggest Psalm 62.5 (NIV),

"Yes, my soul, find rest in God; my hope come from him."

Body: Let's us now, be still to pause, listen, and be comforted by our Father in our uncomfortable stillness

Allow 5-7 minutes for silence, it will feel tremendously long for many in the room.

Benediction: *Slowly pray to preserve the sense of stillness.*

Father, thank you for meeting us in this quiet place. Thank you that, in your kindness, you have shown us our fear, our anger, our sorrow, our shame so that you may take it to our benefit. Make complete as you are complete in the Father, Spirit, and Son.

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Note(s): Prepare a worshipful playlist of three songs to be played during the activation portion of the liturgy

Resources: [Practicing the Way: Session 2 - Encounter with Our Self](#) - John Mark Comer
<https://www.youtube.com/watch?v=bdVEXYYDmlg>

[When Leaders Lose their Souls](#) - Ruth Haley Barton
<https://www.youtube.com/watch?v=O9y88Uzy-ZU>