

## Practice: Silence and Solitude

Identify a time and place that works well for you to practice silence and solitude. Start small 3-5 minutes, 3-4 days a week and work your way to greater space. Like all good things this takes commitment and consistency. So be patient and enjoy the journey.

Put away your phone, remove external noise or any other distractions, and get comfortable, consider this rhythm for your time in silence and solitude.

1. **Relax:** Let your mind and body calm down. Try slowing reading through a psalm, or take a few deep breaths, or repeat a simple breath prayer.
2. **Detach:** Sometimes called yielding or surrender, practice releasing your anxieties, the circumstances of your life, and your will over to God in prayer.
3. **Look:** The heart of prayer is looking at God, looking at you in love. Spend time focused on or contemplating God and who he is. Look beyond the other thoughts that pop up, redirect your mind as needed back to the Father.
4. **Listen:** The primary posture of an apprentice of Jesus is sitting at his feet and listening. God has direct access to your mind—in the stillness, be attentive to what God might be saying to you.
5. **Love:** End your time by resting in God's love, anchoring yourself in the peace of his presence.

You will contend with distraction... but you also have the ability to refocus your attention, as you do, we recommend you use the name Jesus or Abba, as a tool for recentring your attention. When you recognize distraction say, Jesus/Abba and refocus your mind.

Again, the goal is not to adopt a practice of silence or solitude for the sake of checking a box, but for the purpose of becoming someone who day-by-day is being transformed and freed by time alone with God in the quiet place.