**Vision: We get to LOVE radically, because we are radically loved!**

Slowing Down to be with Jesus in 2022 1/23/2022

**“Silence and Solitude”** (1 Kings 19:11-12; Psalm 37:7a; 46:10)

\*Which one of the rhythms did you pick to take a next step in?

Who did/will you do it with? \_\_\_\_\_\_\_\_\_\_\_\_\_ When: \_\_\_\_\_\_\_\_\_\_\_\_

Review:

1. Discipleship is not additional, it’s being **intentional**; both **organized** and **organic**. Predictable **patterns** are key.
2. **6 Discipleship Rhythms** that everyone lives in:

#1—**Story-formed**: Everyone has a story as part of God’s Story.

#2—**Listen**: Listen more than speaking.

#3—**Celebrate**: Invite others to celebrate with you!

#4—**Eat**: 21 meals per week = 21 discipleship opportunities.

#5—**Bless**: We get to bless others through words, gifts, actions.

#6—**Recreate**: “Rest—Create” Rest in Christ and His completed work on the cross; make time to rest, play, create, restore beauty to reflect God to others (Sabbath); work **FROM** rest.

**Silence and Solitude**

\*When was the last time I was silent before the Lord? \_\_\_\_\_\_\_\_\_\_\_

\*When last did I seek out solitude to be with the Lord? \_\_\_\_\_\_\_\_\_\_

1. Definitions:
2. Silence: the practice of quieting every \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ voice to be with and focus on God.
3. Solitude: the practice of being absent from \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ to be with and focus on God.
4. Purpose of silence and solitude: \_\_\_\_\_\_\_\_\_\_\_\_ my life down to help me be in loving union with Jesus. Don’t ask or \_\_\_\_\_\_\_\_\_\_ anything; just \_\_\_\_\_\_\_\_\_\_ in God’s presence.

1. Where do we see silence and solitude in the Bible? (1 Kings 19:11-12; Hab 2:20; Zeph 1:7; Isaiah 30:15-16; 41:1; Ecc 3:7; Pro 17:28; Job 33:33; Mt 6:5-6; 14:13; 12:15; 26:31-45; Lk 5:16)

1

1. Why are silence & solitude so crucial to a Christ-follower’s life?
2. Reminds me that I am \_\_\_\_\_\_\_\_\_ in charge of the universe.
3. Surrenders my \_\_\_\_\_\_\_\_\_\_ to God’s.
4. Helps me be aware of Jesus’ \_\_\_\_\_\_\_\_\_\_\_\_ presence.
5. Enables me to \_\_\_\_\_\_\_\_\_\_\_\_ God.
6. Helps me be less \_\_\_\_\_\_\_\_\_\_\_\_ and triggered.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Why is practicing silence and solitude so hard?
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* We are afraid what we might uncover about \_\_\_\_\_\_\_\_\_\_\_\_.
* Because we are so \_\_\_\_\_\_\_\_\_\_-reliant.
1. How? God has perfectly ordered the **world** and your **life** for being discipled and for making other disciple-makers.
2. \_\_\_\_\_\_\_\_\_\_\_\_ daily, weekly, monthly, annually.
3. Be intentional about your “desert” \_\_\_\_\_\_\_\_\_\_\_\_.
4. Pray and read Scripture or journal before you start.
5. Start with \_\_\_ minutes. Set a timer. Get in the habit of doing “Daily Offices” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 or 3 times a day. (Ps 119:164; Dan 6:10; Acts 3:1)
6. What do I do when my mind wanders? “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

Apply It/Resources:

--*Daily Office Prayer Guide* <https://www.emotionallyhealthy.org/dailyoffice/>

--Podcast: *Surrender to Jesus*…(example Daily Office), Dec. 21, 2021 <https://www.emotionallyhealthy.org/podcast/>

*--Psalms in 30 Days*--Trevin Wax

--Emotionally Healthy Spirituality Day-by-Day book—P. Scazzero

--Centering Prayer <https://www.contemplativeoutreach.org/>

--Transforming Center <https://transformingcenter.org/>

Next: “Rediscovering Sabbath” (Part 1)

2