



Silence and Solitude Challenge

Spend 10 minutes every day and a 30 minute block once a week with God in silence and solitude

Silence and solitude is the furnace of transformation.

Henri Nouwen

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Silence and Solitude Challenge

1. Find a quiet place inside or outside that is as distraction free as possible
2. Leave your phone behind
3. Slow down and breathe
4. Repeat a simple prayer to begin, such as: "Come, Holy Spirit" or "Meet me, Lord."
5. Notice the emotions that rise up and talk about them with God
6. Spend a few minutes just resting in God's unchanging love for you
7. Slowly pray through a Psalm or read a story from the Gospels
8. Close your time thanking God for meeting with you
9. Don't judge yourself if your mind wanders or you get distracted
10. Remember: the goal is practice, not performance

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