

Silence and Solitude

January 5th - February 23rd

As we come to the end of practicing silence and solitude together as a church, we wanted to give you some ideas for where to go from here. Remember, the goal is not to practice these disciplines for a few weeks and then leave them behind. We want to add them as tools in our spiritual tool belt that we will carry with us and use for the rest of our lives.

To that end, maybe you want to keep going with the 10 minutes a day, 30 minutes a week of silence and solitude. If not, we also wanted to give you some ideas of how to keep practicing this discipline for years to come.

We have broken down these suggestions into daily, weekly, and seasonal options. Do what is helpful to you in your relationship with the Lord and leave the rest behind.... but don't leave the practice behind. The goal is to find what works best in your life.

Daily

- Schedule 10-minute windows to be silent and alone throughout your day
- Set aside a morning time of prayer
- Take an undistracted lunch break
- Have a technology-free hour before bed
- Spend some time journaling and reflecting
- Take a short walk to enjoy God and his creation
- Put your phone to bed at a certain time every night

Weekly

- Have one day a week where you take a break from your phone
- Intentionally schedule one night of no activities
- Take an hour to connect with God
- Take a long walk in nature

Seasonally

- Take a solitude day where you are away from all normal rhythms & responsibilities
- Go hiking, backpacking, or camping
- Go on an overnight retreat