

1- UNDERSTANDING SILENCE & SOLITUDE

- i- Silence is the minimizing of distraction to connect to God.
- ii- The goal isn't the presence of silence, but the absence of distraction & other unwanted things.
- iii- Undistracted quiet is the goal. "Silence" challenges us to find that.
- iv- Solitude is a way of finding/making silence.

2- BE SILENT

Eliminate the noise that you make.

- i- Practice silence from words
 - *and other "mouth-made" noise
- ii- Practice silence from action
 - *take a break from noisy activity
- iii- Practice silence from movement
 - *practice being still

3- CREATE SILENCE

Eliminate noise from your environment.

- i- Turn off outside voices
 - *tv, podcasts, radio, etc.
- ii- Put away technology
 - *video games, music, etc.
 - *move your phone out of the room.
- iii- Help others with silence
 - *if you are living with others- try it together.
 - *help make time and space so someone else can practice silence.



4- FIND SILENCE

Seek out quiet places.

- i- A quiet space at home
 - *Is that possible?
- ii- Quiet spaces in nature
 - *Backyard, a park, or further out.
- iii- Create rhythms around "naturally-quiet" times
 - *Early in the morning. Late at night.

5- PURPOSEFUL SILENCE

It's not about the presence of silence. It's about the absence of other things.

- *PRAYER: silence removes other distractions to focus on connecting with God. (Luke 5:15-16)
- *Inner examination: identify what's on your heart/mind as you try practicing silence. (Psalm 139:23-24, Lamentations 3:40)
- *Waiting: express- through silent prayer- your waiting for God (Psalm 62:1; 37:7)
- *Anticipation: Know God wants to meet you with good in your silent waiting. (Isaiah 30:15, Lamentations 3:25,28)
- *Awe: Silence is a way to show awe of God. Reflect in silence on God's greatness. (Habakkuk 2:20)
- *Listening: Silence allows us to listen for a God who may speak quietly. (1 Kings 19:11-12)

Silence & Solitude Verses

For God alone my soul waits in silence;
from him comes my salvation.
He alone is my rock and my salvation,
my fortress; I shall not be greatly shaken.

Psalm 62:1-2

Be still before the Lord and wait patiently for him,
fret not yourself over the one who prospers in his way,
over the man who carries out evil devices!

Psalm 37:7

For everything there is a season, and a time for every matter under heaven...
a time to keep silence, and a time to speak;

Ecclesiastes 3:1,7

And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake. And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper.

1 Kings 19:11-12

In repentance and rest is your salvation, in quietness and trust is your strength.

Isaiah 30:15

The Lord is good to those who wait for him,
to the soul who seeks him
It is good that one should wait quietly
for the salvation of the Lord...

Let him sit alone in silence
when it is laid on him

Lamentations 3:25-26,28

But the LORD is in his holy temple; let all the earth be silent before him.

Habakkuk 2:20

Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself.

Matthew 14:13

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Mark 1:35

The apostles returned to Jesus and told him all that they had done and taught. And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves.

Mark 6:30-32

But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray.

Luke 5:15-16

