

A person is lying in bed, reading an open book. A white cup with the word 'CRE' on it is on the bed next to the book. The person is wearing a black shirt. The bed has white sheets and a patterned pillow. The background is dark.

RHYTHMS

- 1 SPIRITUAL FORMATION
- 2 PRAYER + MEDITATION
- 3 FASTING
- 4 SIMPLICITY
- 5 WORD
- 6 CONFESSION
- 7 SOLITUDE + SILENCE**
- 8 WORSHIP + CELEBRATION
- 9 SABBATH
- 10 SERVICE



SOLITUDE + SILENCE



Avoiding Silence + Solitude:

1) need to “do” for God or 2) fear to “be” with God

“If we give priority to the outer life, our inner life will be dark and scary. We will not know what to do with solitude. We will be deeply uncomfortable with self-examination, and we will have an increasingly short attention span for any kind of reflection. Even more seriously, our lives will lack integrity. Outwardly, we will need to project confidence, spiritual and emotional health and wholeness, while inwardly we may be filled with self-doubts, anxieties, self-pity, and old grudges.”

– Tim Keller, *Prayer: Experiencing Awe and Intimacy with God*



Crashing into silence & solitude.

“Solitude well practiced will break the power of busyness, haste, isolation, and loneliness. You will see that the world is not on your shoulders after all.”

- Dallas Willard, *The Great Omission*



A Pattern of Jesus
time with others
time in solitude
time with others

Mark 1:29-31 ^{NIV}

As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. ³⁰ Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. ³¹ So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.



A Pattern of Jesus
time with others
time in solitude
time with others

Mark 1:32-34 ^{NIV}

That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³ The whole town gathered at the door, ³⁴ and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was



A Pattern of Jesus

time with others
time in solitude
time with others

Mark 1:35 ^{NIV}

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he **prayed**.



A Pattern of Jesus

time with others

time in solitude

time with others

Mark 1:36-39 ^{NIV}

Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: “Everyone is looking for you!”

³⁸ Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.”

³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons.



Jesus practiced this habit “often”

Luke 4:1 ^{NIV}

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the **wilderness**,

Luke 5:15-16 ^{NIV}

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But **Jesus often withdrew to lonely places and prayed.**

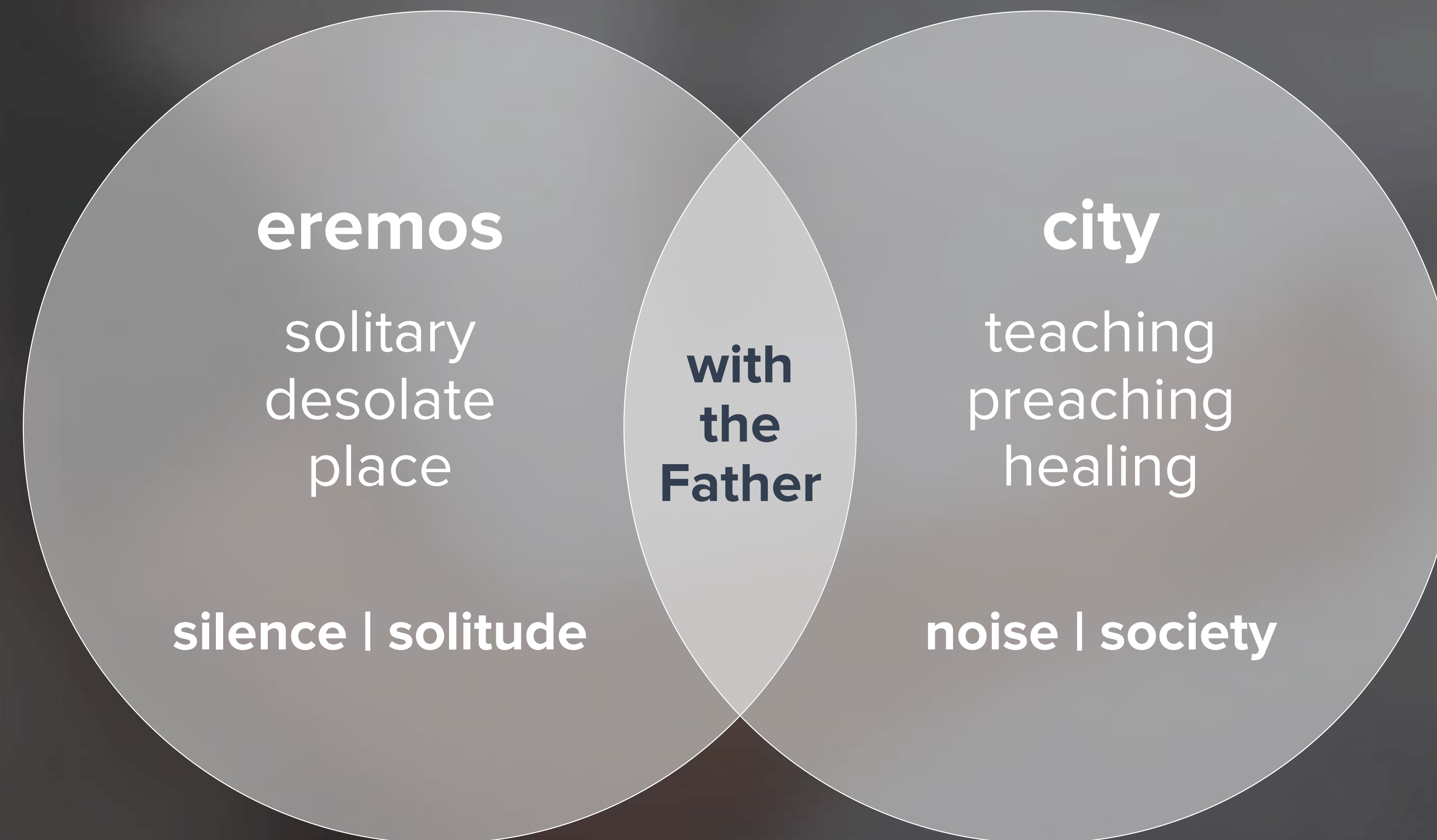
Luke 6:12-13 ^{NIV}


One of those days Jesus went out **to a mountainside to pray, and spent the night praying to God.** ¹³ When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles



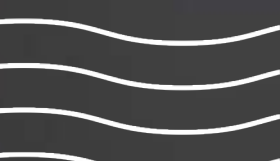
Jesus' Silence + Solitude

a sacred space to commune
with the Father, away from the
demands & distractions of life



A series of ten horizontal, wavy white lines on a dark gray background, positioned to the left of the main text.

**In silence + solitude,
Jesus enjoyed
intimate + intentional
time with His Father.**



Silence

is not about:

emptying your mind
avoiding thoughts + feelings
abstaining from noise

Solitude

is not about:

isolating from relationships
avoiding loving others
abstaining from problems



Silence

intentional temporary

abstaining from talking + distractions

quiet with God


Solitude

intentional temporary

withdrawing to a private place

alone with God






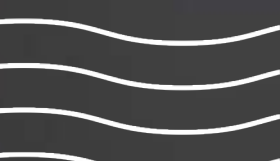
“Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God, and for him alone. If we really believe not only that God exists but also that he is actively present in our lives—healing, teaching, and guiding—we need to set aside a time and space to give him our undivided attention.”

– Henri Nouwen, *Prayer: Experiencing Awe and Intimacy with God*



A series of ten horizontal, wavy white lines of varying amplitudes, creating a rhythmic, water-like pattern on the left side of the page.

**In silence + solitude,
we enjoy
intimate + intentional
time with our God.**



cultivating silence + solitude

a sacred space to commune
with God, away from the
demands & distractions of life

Choose a Sacred Space

a designated area that is calm & enjoyable to be alone with God

Choose a Time & Pace

a time & duration to have focused & intentional time alone with God

Choose to Turn Off Devices

put your devices on a silence and solitude retreat

Sit, Relax, & Be With God

instead of “doing” something for God, enjoy “being” with Him
(waste time with God)





Alright God... I am quiet & alone..... now what?

“Someone once said that the deepest problem in prayer is often not the absence of God but the absence of me. I’m not actually there. My mind is everywhere.”

– Charles Stone, *Holy Noticing: The Bible, Your Brain, and the Mindful Space Between Moments*



practicing
silence + solitude

anchoring your mind & body
in scripture

Lectio Divina – resting in scripture

Lectio // Read a scripture slowly & repeatedly

Meditatio // Reflect on a word/phrase that stands out

Oratia // Respond to God about that word/phrase

Contemplatio // Rest by quietly being with God

Breath Prayer – breathing with scripture

Inhale: “Come, Lord Jesus”

Exhale: “Have mercy on me”

