

be still retreat prep

Steps to Solitude Part I

1. Taking Advantage of the Little Solitudes That Fill Your Day: Over the next few weeks, look for opportunities for solitude. Some suggestions are: early morning moments in bed, a morning coffee cup before beginning your work day, solitude while waiting in traffic, driving with the radio off, turning off the TV for an hour or more in the evening, taking a walk by yourself.
 - Question for class: Write down in journal entries when and where you found opportunities, how you spent them, and what difference they made in your day. Bring your journal to our March 6th session.
2. Develop a Quiet Place Designed for Silence & Solitude: Find a place in your home that you can have your time. It may be a special chair, closet, spare bedroom, patio, etc... Let your family members know that when you are there, that you don't want to be disturbed.
 - Question for class: Where did you pick for your quiet place? If you've gotten to use it, what difference does it make in your time with God?
3. Put a Silence & Solitude Time on Your Calendar: In the next weeks, block out one or more hours to spend alone with God. This can be in or out of your house, sitting, walking, journaling, etc...
 - Question for class: Tell the group if you got to do a longer time of solitude and how it went. Note: Anything between you and God is not necessary to share with the group.

“We can cultivate an inner solitude and silence that sets us free from loneliness and fear. Loneliness is inner emptiness. Solitude is inner fulfillment.”