

be still retreat prep

Steps to Solitude Part 2

1. Read the chapter, "Solitude" in the book *Sacred Rhythms* by Ruth Haley Barton. Make sure to do the "Practice" section on pages 43-44 in your pre-retreat solitude time with God.

Question to Consider: How does this chapter resonate with your need for spending more time with God now?

2. Until we meet again, pick one or more of the following to do:

- Spend a part of a day without words.
- Take a half-hour silent prayer walk at a nearby park or in the woods.
- Spend five to ten minutes each day in silence. Simply enjoy God's presence, God's loving arms wrapped around you.

3. Look up the following passages about how Jesus incorporated solitude in His life.

Question to Consider: What were some reasons that Jesus and His disciples, went someplace for solitude? Note: References were given to some of the surrounding verses to see why he needed solitude.

- Matthew 4:1-11
- Matthew 14:13 (Look at Matthew 14:1-12)
- Matthew 14:23 (Look at Matthew 14:14-21)
- Matthew 17:1-9 (Look at Matthew 16:21-28)
- Matthew 26:36-46 (Jesus arrested to be killed)
- Mark 1:35 (Look at Mark 1:29-34)
- Mark 6:30-32
- Luke 6:12-16
- Luke 5:15-16

4. Question to Consider: What are some reasons in your life that you need solitude?

5. Put a Silence & Solitude Time on Your Calendar: In the next weeks, block out 1 1/2 or more hours to spend alone with God. This can be in or out of your house, sitting, walking, journaling, etc...