

The background is a light gray gradient. It is decorated with several realistic water droplets of various sizes, some clustered in the top left and bottom right corners. A faint, circular, textured pattern is visible in the upper center of the image.


# SPIRITUAL DISCIPLINES

SILENCE, SOLITUDE, PRAYER



# INTRODUCTION

THE SPIRIT OF THE LIVING GOD IS DRAWING YOU TO HIMSELF

- JOHN 6:44 – “NO ONE CAN COME TO ME UNLESS THE FATHER WHO SENT ME DRAWS HIM”
  - HOSEA 2:14 – GOD SAYS, “I AM NOW GOING TO ALLURE HER; I WILL LEAD HER INTO THE DESERT AND SPEAK TENDERLY TO HER.”
  - JOHN 15:16 – “YOU DID NOT CHOOSE ME, BUT I CHOSE YOU.”
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# INTRODUCTION

ANCIENT DISCIPLINES ARE BEING RE-DISCOVERED



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- JEREMIAH 6:16 – “STAND AT THE CROSSROADS AND LOOK; ASK FOR THE ANCIENT PATHS, ASK WHERE THE GOOD WAY IS, AND WALK IN IT, AND YOU WILL FIND REST FOR YOUR SOULS.”



# SILENCE AND SOLITUDE

WHAT IS SILENCE AND SOLITUDE



# SILENCE AND SOLITUDE

IT IS IN SILENCE AND SOLITUDE THAT WE CAN BEST MEET GOD

- “BE STILL AND KNOW THAT I AM GOD.” (PSALM 46:10)
- “BE SILENT BEFORE THE SOVEREIGN LORD.” (ZEPHANIAH 1:7)
- “THE LORD IS IN HIS HOLY TEMPLE; LET ALL THE EARTH BE SILENT BEFORE HIM.” (HABAKKUK 2:20)



# SILENCE AND SOLITUDE

“HURRY IS NOT OF THE DEVIL. IT IS THE DEVIL.” (PSYCHOLOGIST CARL JUNG)





# SILENCE AND SOLITUDE

CREATING SPACE AND TIME IN OUR LIVES SO THAT GOD CAN ENTER IN.








# SILENCE AND SOLITUDE

WHAT ARE THE BENEFITS OF SILENCE AND SOLITUDE?



# SILENCE AND SOLITUDE


WHAT ARE THE BENEFITS OF SILENCE AND SOLITUDE?

- BEGINNING TO NOTICE GOD – AWARENESS OF HIS PRESENCE
- 



# SILENCE AND SOLITUDE

WHAT ARE THE BENEFITS OF SILENCE AND SOLITUDE?

- BEGINNING TO NOTICE GOD – AWARENESS OF HIS PRESENCE
  - NOURISHES OUR SOUL AND PREPARES US FOR SERVICE
- 



# SILENCE AND SOLITUDE

HOW DO I BEGIN TO CULTIVATE SILENCE AND SOLITUDE?

- START SMALL
- 




# SILENCE AND SOLITUDE

HOW DO I BEGIN TO CULTIVATE SILENCE AND SOLITUDE?

- START SMALL
  - SCHEDULE THE TIME
- 



# SOME PRACTICES OF SILENCE & SOLITUDE

- THE EXAMEN
  - SACRED READING
  - SABBATH KEEPING
  - PRAYER
- 



# THE EXAMEN


WHAT IS THE EXAMEN?

- TIME TO PRAYERFULLY REFLECT ON OUR AWARENESS OF JESUS
- 



# THE EXAMEN

HOW DO I BEGIN THE EXAMEN?

- DETERMINE TO DO IT DAILY
  - IMAGINE MYSELF IN THE PRESENCE OF JESUS
  - ASK THE HOLY SPIRIT TO BE MY GUIDE
- 






# FIRST STEP OF SACRED READING

READING THE SCRIPTURE IN A MEDITATIVE WAY SO IT TOUCHES MY HEART



# FIRST STEP: READ

- READ A BRIEF PASSAGE OF SCRIPTURE
  - READ IT AS A LOVE LETTER FROM JESUS
  - READ IT SLOWLY, PRAYERFULLY, MEDITATIVELY
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## SECOND STEP: MEDITATE

- ASK JESUS FOR A WORD OR PHRASE THAT WILL TOUCH YOUR SOUL
  - DON'T ANALYZE THE WORD BUT LET IT FEED YOUR SOUL
- 



## THIRD STEP: PRAY

- NOT COMING TO GOD WITH A PRAYER LIST
  - TALKING WITH JESUS ABOUT THE WORD HE GAVE ME
- 



## FOURTH STEP: CONTEMPLATE

- SITTING IN SILENCE IN THE PRESENCE OF JESUS
  - AS MARY SAT AT THE FEET OF JESUS – “BE STILL AND KNOW THAT HE IS GOD.”
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# SABBATH KEEPING

## SCRIPTURE:

- “REMEMBER THE SABBATH DAY TO KEEP IT HOLY.” (EXODUS 20:8)
- “ON THE SEVENTH DAY (GOD) RESTED FROM ALL HIS WORK”(GENESIS 2:3)
- “THE SABBATH WAS MADE FOR MAN AND NOT MAN FOR HE SABBATH.” (MARK 2:27)
- “THE SON OF MAN IS LORD EVEN OF THE SABBATH.” (MARK 2:28)




# FALSE IDEAS ABOUT SABBATH KEEPING

- COLONIAL DAYS
  - MORE RECENT EXAMPLES
- 



# RESURGENCE OF SABBATH KEEPING

- REST OF GOD
  - ANSWER TO OUR HARRIED LIFESTYLES
  - SNOW DAY
- 





# PRACTICAL THOUGHTS ON SABBATH KEEPING

- TO END THE IDOLATRY OF SELF
- 



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- TO END THE IDOLATRY OF SELF
  - “UNFINISHED” SYMPHONIES
  - RULES LEAD ONLY TO LEGALISM
  - *“CEASE FROM WHAT IS NECESSARY EMBRACE WHAT GIVES YOU LIFE. THEN DO WHATEVER YOU WANT.”*
- 



# BENEFITS OF SABBATH KEEPING

- PRACTICE THE DISCIPLINES OF SILENCE AND SOLITUDE
  - LISTEN TO THE VOICE OF GOD
  - REFRESHES OUR SOUL, GIVES US LIFE
  - RUTH HALEY BARTON: HUMILITY, WISDOM, PEACE
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# DISCIPLINE OF VERBAL PRAYER