

Silence & retreat

The intentional care of your soul through daily rhythms of silence, study, companionship, and prayer. The goal is to make space for God, pay attention to your life, and be with Him and others.

Scripture-based exploration

Mark 1:35: 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.

1 Kings 19:11 The LORD said, "Go out and stand on the mountain in the Presence of the LORD, for the LORD is about to pass by." Read the context of this verse. What do you learn? How does this relate to your daily life?

Read Romans 12:2 "...Be transformed by the renewing of your mind..." with Psalm 46 and Psalm 62. Pulling these three scriptures together, what is the Holy Spirit teaching you?

Luke 1:20, 63-64 (Silence is used in this story to help Z gain perspective and grow wiser, not just as a rebuke.) Imagine being Z. Write your thoughts.

Luke 6:12 Jesus went into solitude to pray and seek God before what? How long did He pray? How does that inform your decision-making processes?

Song of Songs 2:10 (and 13b): My Beloved spoke and said to me,
"Arise, My darling,
My beautiful one,
and come with Me."

Hear Jesus calling to YOU, saying that to you. How do you respond to Him?

Non-Scripture readings

Abide by Macrina Weidekehr

Sensible Shoes by Sharon Garlough Brown

Blue Book chapters **Quieting or Spaciousness** by Jim Branch

Artwork for the creatives

Draw/paint/create your mental image of "retreat," "listening," or "peaceful in His Presence."

Take one of your photographs, paintings, or drawings and match it with a scripture verse on silence or quiet. Print, share, post, enjoy.

Movies

"Of Gods and Men" (Notice pace, space, and quiet; notice how they could still be quiet and together at the same time.)

Questions to ponder

What in your world makes finding or creating silence difficult?

How often do you find yourself naturally alone, with space and time to reflect, think, listen? How does this inform your decisions about the necessity of creating this space, as well as the health that comes from times of solitude?

Do you have an addiction to people? to noise, music, constant stimulation? to being seen? to motion and movement? Consider why. Journal about this. Be brave and explore it with the God who made you.

What, for you, is the hardest part about being alone with God?

What would it take for you to incorporate silence, solitude, and retreat into your lifestyle? Do you really consider this a priority?

What would need to change in your life for you to have a Sabbath of rest--true, deep rest? Design a day of rest for yourself, for listening to God, for being with God. Will you actually DO it? Put it on your calendar and be uncompromising!

Why do you think the Holy Spirit wants alone-time with you?

Generally, we fight solitude, silence, and retreat until we're desperate. Why do we do this?

The need for silence, solitude, and retreat supercedes personality and introvert/extrovert tendencies. It is a human need. Do you agree?

Journal about a time when God met you in a unique and personal way when you were in solitude or on retreat. Be ready to share this at your next Lovely dinner, the second Friday in June!

How do you feel when you are intentionally in God's Presence, but you are not doing anything at all except being still? Does it feel weird to not "be productive"? How does it feel to simply BE, not performing for Him, not reciting or reading or creating or defining or organizing or running or talking? Write about this.

In what ways do you experience the love of God when you are silent, still, and just being?

Music and worship

"The More I Seek You" by Kari Jobe

And of course ... :-) Silence