

HOW TO PRACTICE SILENCE & SOLITUDE



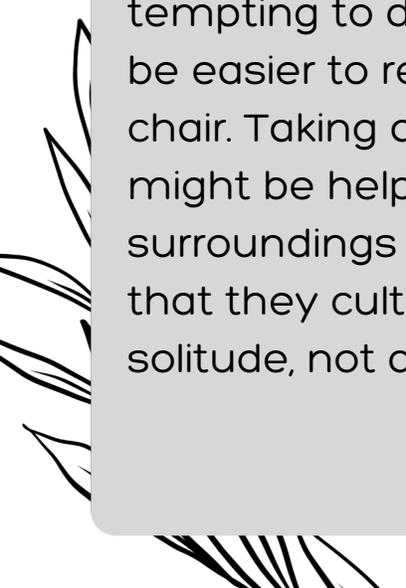
Sacred **SPACE**

Choose a designated area where you can go that is quiet, calm, and inviting. This could be a special chair or a corner in a room. It can even be outdoors. Just make sure this space is separate and set aside to be alone with God.

Time & **PACE**

Whether it is early in the morning before everyone wakes up or late in the evening before you go to bed, the goal is to set aside a portion of your day to have focused and uninterrupted time alone without distractions. Start small by setting a timer for ten minutes.

Position & **PLACE**



It is essential to be comfortable yet alert. It can be tempting to drift off, so it might be easier to remain seated in a chair. Taking a walk alone might be helpful as well. Our surroundings are important in that they cultivate silence and solitude, not distract us from it.

Prayer & **GRACE**

Keep your prayers simple and short. Allowing space for silence is crucial to hearing from God. Give yourself grace and be open to just being with God instead of "doing" something for Him.