

This week's Discipline



Solitude

Solitude is more a state of the mind and heart than a place. Solitude is not possible without inner silence to see and hear the things of God. Over the course of the next week, plan or consider moments of Solitude:

- **Consider the little solitudes that fill our day.** That morning cup of coffee, commute to work. A daily walk observing wildlife and plants. A nightly walk under the stars.
- **Find and develop a quiet place for silence and solitude.** Special chair, special room. Find places outside the home: a spot in a park, a church sanctuary.
- **Experiment with doing deeds without words of explanation.**
- **Try to live an entire day without words at all.** Find new ways to relate to people that are not dependent on words.
- **Withdraw four times a year for 3-4 hours for the purpose of re-orienting your life goals.** Set realistic goals but be willing to dream, to stretch. Keep a journal and listen to the thunder of God's silence.

Want more information about Solitude? Attend this week's Spiritual Discipline class on 10/29/25 from 7-8:30p in the Chapel.

Scan for more info on the class!



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