

Contemplation

Silence and Solitude Prayer

On earth as it is in heaven - Matthew 6:10

Introduction - Prayer Is Silent?

We usually think of prayer as talking to God but there is a huge component of prayer that is just being able to be quiet in His presence. Silent prayer is much more about being than doing. Specifically being rooted in prayer.

- **"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." The LORD of Heaven's Armies is here among us; the God of Israel is our fortress. Interlude (Psa 46:10-11 NLT)**

16th Century - Teresa Avila - the prayer of quiet

Richard Foster - a loving attentiveness to God. Talk recedes into the background and feeling rises in our hearts. -

How Silence and Solitude Impact Our Mental Health

- Lower your blood pressure.
- Decrease your heart rate.
- Steady your breathing.
- Reduce muscle tension.
- Increase focus and cognition.
- Better sleep

Silent prayer, when practiced one half an hour every day over eight weeks, has shown a difference in several brain regions that control learning, emotions, memory, and the fear response. These regions include the amygdala and the hippocampus, regions that control the fight/flight/freeze/fawn response.

Jesus Earthly Ministry

But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer. (Luke 5:15-16 NLT)

S - Search/Seek

- **Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. (Mat 6:33 NLT)**
- **A psalm of David, regarding a time when David was in the wilderness of Judah. O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. (Psa 63:1 NLT)**

I - Intimacy

- **Therefore, brethren, since we have confidence to enter the holy place by the blood of Jesus, by a new and living way which He inaugurated for us through the veil, that is, His flesh, and since [we have] a great priest over the house of God, let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled [clean] from an evil conscience and our bodies washed with pure water. (Heb 10:19-22 NASB95)**

L - Linger and Listen

- **I wait for the LORD, my soul does wait, And in His word do I hope. My soul [waits] for the Lord More than the watchmen for the morning; [Indeed, more than] the watchmen for the morning. (Psa 130:5-6 NASB95)**

E - Exalt The Lord

- **Exalt the LORD our God And worship at His holy hill, For holy is the LORD our God. (Psa 99:9 NASB95)**

N - Notice -

- **It was in the year King Uzziah died that I saw the Lord. He was sitting on a lofty throne, and the train of his robe filled the Temple. Attending him were mighty seraphim, each having six wings. With two wings they covered their faces, with two they covered their feet, and with two they flew. They were calling out to each other, "Holy, holy, holy is the LORD of Heaven's Armies! The whole earth is filled with his glory!" Their voices shook the Temple to its foundations, and the entire building was filled with smoke. (Isa 6:1-4 NLT)**
- **"For I am the LORD your God, who upholds your right hand, Who says to you, 'Do not fear, I will help you.' (Isa 41:13 NASB95)**

- Where is He? What is He doing? What is He saying?

T - Tune out the noise and Tune into His voice

- My sheep listen to my voice; I know them, and they follow me. (Jhn 10:27 NLT)