

Grow Deeper: Silence & Solitude

February 14, 2016

Bible Verses & Quotes

"Be still and know that I am God." - Psalm 46:10

"Find rest, O my soul, in God alone." - Psalm 62:5

"But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you." – Matthew 6:6

"In repentance and rest is your salvation, in quietness and trust is your strength."
- Isaiah 30:15

"The road to true intimacy with God is an inward journey, proceeding into His Presence through the entrance gate of quietness of the soul. It is a narrow track that lies well off the beaten path, virtually unseen and ignored by the vast majority of humanity careening headlong through life." - Jim Goll

"The longing for solitude is also the longing to find ourselves, to be in touch with what is most real within us, that which is more solid and enduring than what defines us externally. This is our soul, that place at the very center of our being that is known by God, that is grounded in God and is one with God." - Ruth Haley Barton

"How rare it is to find a soul quiet enough to hear God speak." - Francois Fenelon

"Solitude is the creation of an open, empty space in our lives by purposely abstaining from interaction with other human beings, so that, freed from competing loyalties, we can be found by God" - Life with God Bible

"We are commanded to stop (literally)...rest, relax, let go, and make time for Him. The scene is one of stillness and quietness, listening and waiting before Him. Such foreign experiences in these busy times! Nevertheless, knowing God deeply and intimately requires such discipline. Silence is indispensable if we hope to add depth to our spiritual life." – Charles Swindoll

"In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great silence." — Mother Teresa

Resources

Sacred Rhythms: Arranging our Lives for Spiritual Transformation by Ruth Haley Barton

Soul Feast: An Invitation to the Christian Spiritual Life by Marjorie J. Thompson

50 Ways to Pray by Teresa Blythe

Celebration of Discipline by Richard Foster

Practicing Our Faith by Dorothy Bass

The Way of the Heart, Henri Nouwen

Try It This Week

Set a timer, and strive to spend 10 minutes alone with God each day this week. Find somewhere quiet and settle into a comfortable position, maybe in your favorite chair or even walking slowly back and forth. The purpose of this time is to do nothing. To simply rest in God's presence and listen for his still small voice.

Start by taking a couple of deep breaths and letting go of the worries of the day. As thoughts cross your mind, notice them, and then let them go. Don't rush or try to make anything happen. Just allow your soul to connect with God.

This will be difficult at first. We are so used to being busy and productive, that it is difficult to just *be*. And yet that is what God desires most of us. To come before him and soak in his love.

Notice what is stirring in your soul. What emotions come to the surface as you do this? What might God be trying to teach you as you rest in him? What does your soul need the most in order to be renewed by God's love?

Don't give up! Silence and solitude come more naturally with practice, and can be sources of great strength and rejuvenation to those who persevere!