

# Solitude

*"Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and place for God, and for him alone. If we really believe not only that God exists but also that he is actively present in our lives – healing, teaching, and guiding – we need to set aside a time and space to give him our undivided attention."*

Henri Nouwen

*Constant noise, interruption and drivenness to be more productive cut us off from or at least interrupt the direct experience of God and other human beings...Solitude is an opportunity to interrupt this cycle by turning off the noise and stimulation of our lives so that we can hear our loneliness and our longing calling us deeper into the only relationship that can satisfy our longing.*

Barton, Ruth Haley. Sacred Rhythms: Arranging Our Lives for Spiritual Transformation (Transforming Resources) (p. 36). InterVarsity Press. Kindle Edition.

*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.*

Mark 1:35

*Jesus often withdrew to lonely places and prayed.*

Luke 5:16

*"Be still and know that I am God."*

Psalms 46:10

## Challenge:

Choose a place that feels comfortable and safe to you, a place that allows you to be open and available to God.

Settle into a comfortable position in your body and sit quietly for a few moments, breathing deeply, becoming aware of God's presence with you and your desire to be present with God.

Sit with what comes into your awareness, becoming conscious of God's presence with you in that awareness. Don't try to do anything with what you are knowing except be with it. (In other words, don't scare it away.) Feel the difference between trying to fix it and just being with it. Feel the difference between doing something with it and resting with it. Feel the difference between trying to fight it and letting God fight for you.

What does it mean for you to be still and let God fight (or work) for you in this particular area?

Practice this way of entering into solitude regularly until it becomes routine for you to begin your times in solitude by being quiet and letting your soul come out and then rest in God's presence. You will likely be surprised at what your soul wants to say to God.

Barton, Ruth Haley. Sacred Rhythms: Arranging Our Lives for Spiritual Transformation (Transforming Resources) (pp. 43-44). InterVarsity Press. Kindle Edition.