

Develop Personal Spiritual Habits

Session 5 – Silence & Solitude

What are Godly Silence & Solitude?

- Godly Silence = voluntary and temporary abstention from speaking so that certain spiritual goals might be sought.
- Godly Solitude = voluntary and temporary withdrawal to privacy for spiritual purposes
- Reasons to practice Silence & Solitude
 - To follow Jesus' example
 - To minimize prayer distractions
 - To worship
 - To express faith in God
 - To be restored
 - To gain a spiritual perspective
 - To seek God's will

Ways to Practice Godly Silence & Solitude

- “Minute Retreats”
- Daily quiet time
- Extended times (hours to days)
- Have a plan!
- Find several good places