



Solitude Guide

GOING DEEPER

SET OF 4 GUIDES: WELCOME | CREATE SPACE | EMPTY OR FULL | STILL MORE

Why A Guide?

There is nothing more fundamental and life-giving than nurturing our personal relationship with God.

It is the foundation for all of our lives -- for Christians are people who live from the inside out. This means that we are learning to live a radical new way of life that is marked by love. A life that grows with Intention and Discipline. This is a compilation of four guides to facilitate this journey.

Most of us find being still and quiet a difficult thing to do. Our minds wander and we can get distracted. A guide provides a way to overcome these difficulties. You just have to follow it at your own pace, attend to being more present, and your body, mind and soul will quieten down.

This will in turn make you more attuned to yourself and so hear God better.

Here are some practical steps for a meaningful time of solitude, alone or with others.

1. Set aside a specific time and place (yes, make an appointment with God) - 30mins at least.
2. Arrange not to be interrupted. (for e.g. turn off notifications on your mobile phone).
3. Have your journal, Bible and writing materials on hand.
4. Use the guide, and enjoy being with God! (He enjoys being with you!)

Additionally, you can gather your small group or your friends to learn to be still and go deeper with God by using this guide and sharing your experiences.

May you experience fresh sweetness and stability in your relationship with God.



W
elcome

Guide 1

WELCOME

Prepare your soul

Begin by being still and take slow deep breaths.

When you are more settled, notice what prayer wants to arise within you as you think about 'welcome'.

Go to your journal and begin writing what you notice. Do not analyse or try to explain it.



Slow



Savour



Surre

Soften your soul

{keep breathing deep and slow}

- When was the first time, if you did, that you experienced unconditional welcome?
- How does this memory make you feel?
- Where is God in this?

Meditate on this truth and personalise it:

"... Christ has accepted you..."

(Romans 15v7)

Slow

Savour

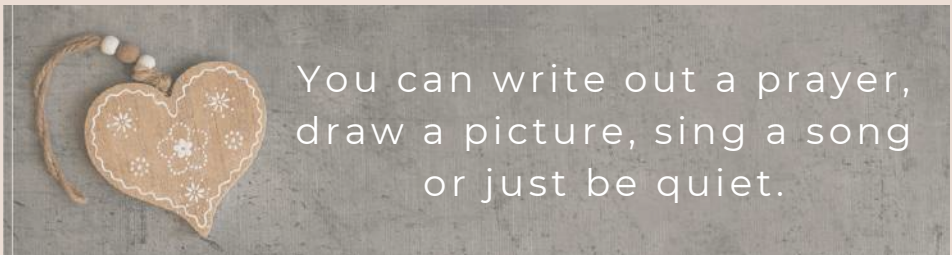
Serene

Anchor your soul

Read the entire chapter of Romans 15 and ask God to reveal His heart about His children to you.

- What do you sense God offering you?
- What do you sense God asking of you regarding your relationships?

Respond to God.



Close your time with thanksgiving. Consider memorising Romans 15v7 for this week.

Slow

Savour

Serve



Guide 2

CREATE SPACE

Prepare your soul

Take slow deep breaths as you pray
"God, I am here to be with You".

As you quieten down, observe your heart rate, your bodily sensations, and your thoughts. Let your breathing help you to settle and slow down.



Slow



Savour



Savour

Once you settle down, start to journal in response to this invitation:

"CREATE SPACE"

Anchor your soul

Slowly, read, meditate and journal:

*"He who believes in the Son
has eternal life;
but he who does not obey the Son
will not see life..."*

– John 3v36

Slow

Savour

Serve

Entrust your soul

Take some time to just be as still and quiet as you can; continue to breathe slow and deep. Breathe in Life and exhale all that opposes it.

Re-read what you have journalled and ponder:

Is God pointing my attention to something?

Write a prayer to close your time. End with thanksgiving and praise.

Slow

Savour

Serve



Guide 3

EMPTY OR FULL

Slow down

Take deep slow breaths.

Use a simple prayer such as "Father, I have come to be with You".



Slow



Savour



Savour

Lay down

Imagine yourself as a cup.

Without too much thinking,
write what you contain/carry.

Don't judge yourself,
Just write.

What do you notice?

Are there things that don't belong
in the cup? Things that don't 'mix
well'?

Is it time to wash the cup?

Slow

Savour

Serve

Let His grace fall down

Jesus is holding the cup,
holding you.

What do you sense Him saying?

Respond to this question:

Is it better to be empty or full?

Slow

Savour

Serve

Consider this truth:

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.” (NLT)

“A thief comes to steal, kill, and destroy. But I came so that my sheep will have life and so that they will have everything they need.” (names of God Bible)

Respond to the LORD honestly
-- in faith & in obedience.



Slow



Savour



Serve



Guide 4

STILL MORE

Slow down

Take deep slow breaths. Use a simple prayer such as "Father, I have come to be with You".

Lay down

Write your foremost feelings and concerns down.



Slow



Savour



Savour

Let His grace fall down

Sit quietly with Jesus.
Just relax.

Journal what comes to you as you
hear the words "*Still More*".

Slow

Savour

Serene

Could Jesus be saying this to you?

Why would he say this?

How does it make you feel?

Tell the LORD honestly.

Sit quietly and let the feelings subside as you focus on your breathing.

Record what you sense the Holy Spirit revealing to you.

Slow

Savour

Serve

Record down

Slowly and quietly read aloud:

*“I have come that you might
have life, and have it to the
full”*

(John 10v10 paraphrased)

What is Jesus saying to you in
these words?

Could these words be for others
too?

Respond to the LORD in your own
authentic and personal way.



Slow



Savour



Serve



Shalom

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