



Welcome

SOLITUDE GUIDE

elcome

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.

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 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 a fresh sweetness and stability in your relationship with God.



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'.

Slow

Savour

Serve

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

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?

Slow

Savour

Serve

Meditate on this truth and personalise it:



"... Christ has accepted you..."
(Romans 15v7)

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?



Slow

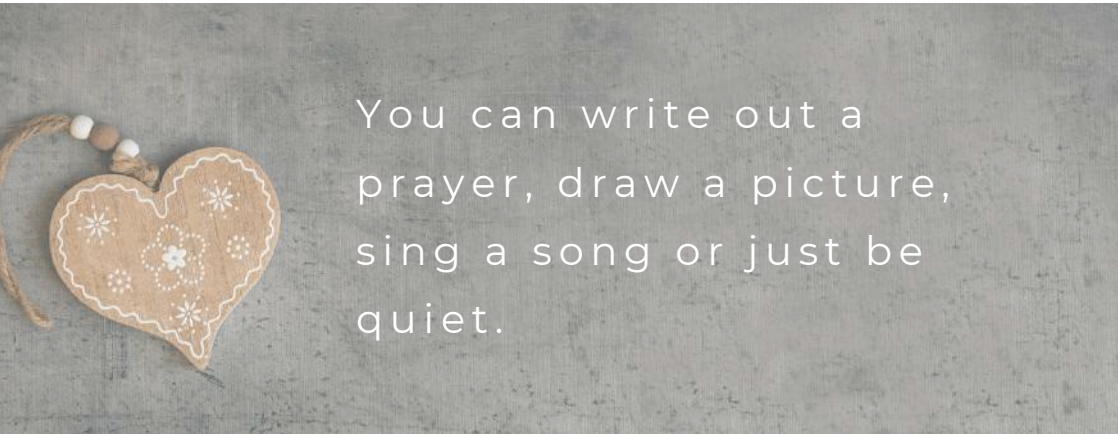


Savour



Serve

Respond to God.



You can write out a prayer, draw a picture, sing a song or just be quiet.

Close your time with thanksgiving.

Consider memorising Romans 15v7 for this week.

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Slow

Savour

Serve