



Create
Space

SOLITUDE GUIDE

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.



Create Space

Prepare your soul

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



Slow

Savour

Serve

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

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

"CREATE SPACE"

Slow

Savour

Settle

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

Entrust your soul

Take some time to just be as still and quiet as you can; continue to breathe slow and deep.

Slow

Savour

Serve

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