



SOLITUDE GUIDE

Empty  
or  
Full?

# 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.



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