



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.



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

Serve

Let His grace fall down

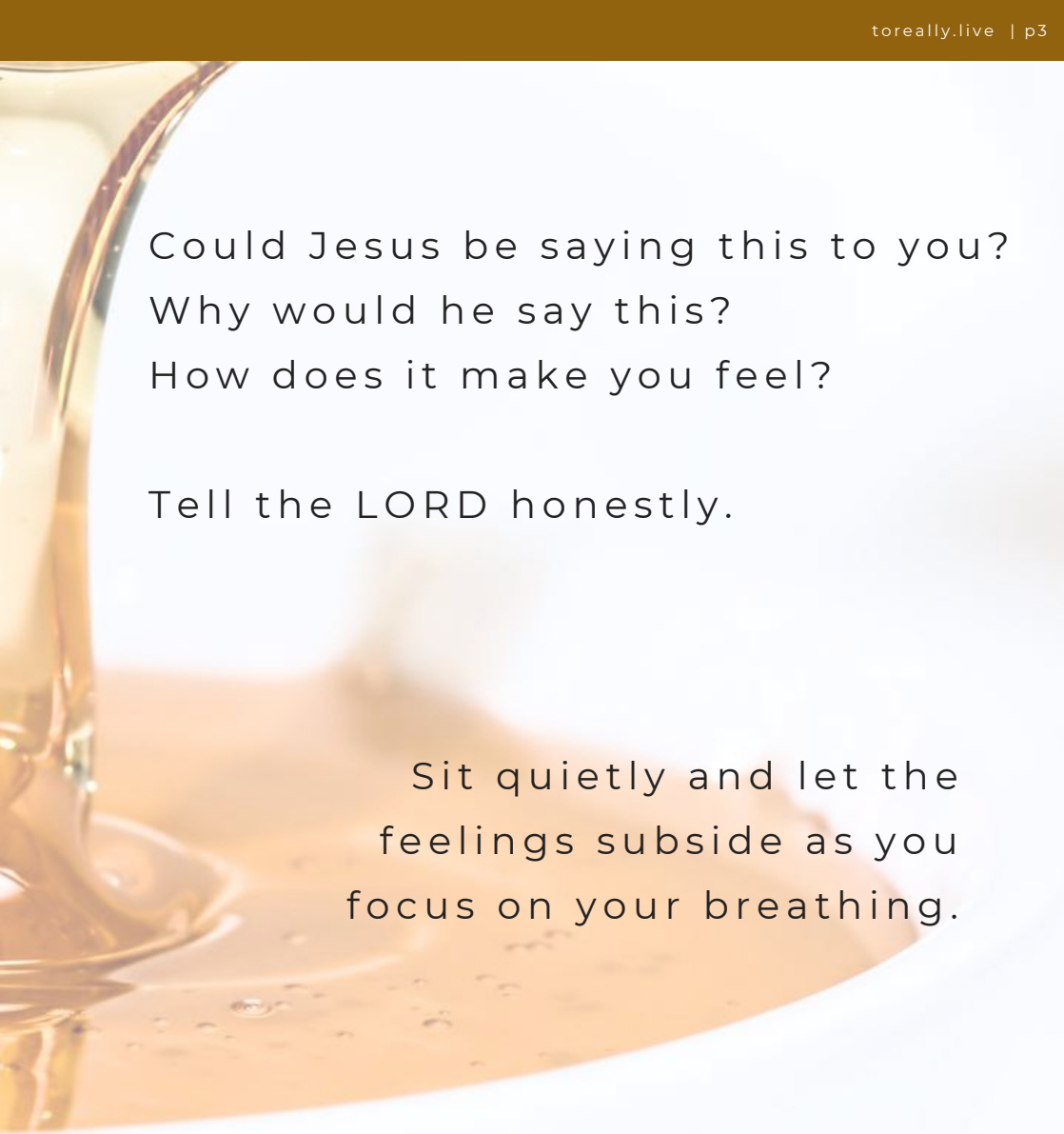
Sit quietly with Jesus.
Just relax.

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

Slow

Savour

Serve



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.

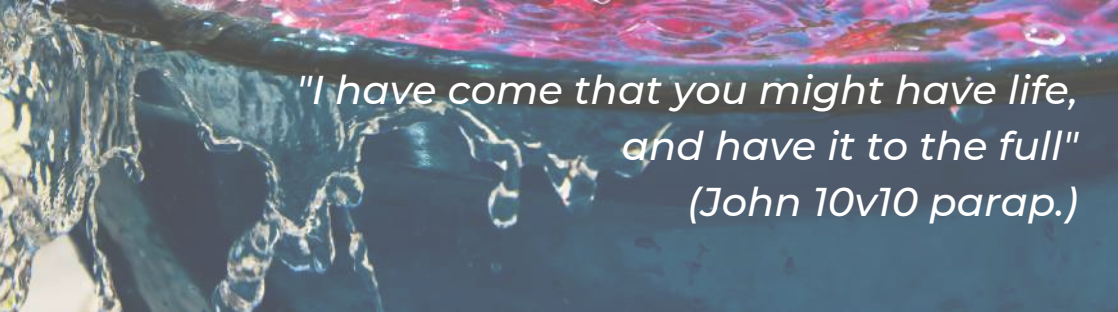
Slow

Savour

Serze

Record down

Slowly and quietly read aloud:



*"I have come that you might have life,
and have it to the full"
(John 10v10 parap.)*

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.