

# Entering Into Silence

Solitude and silence are an outward declaration of your inward hunger and desire to know God more fully and love Him more deeply. They prepare you to really listen to God and receive His divine guidance.

## Right Now:

Every journey begins with a single step. Get on your knees and ask God to help you fight busyness, to draw you near to Himself, to show you His love.

## Pray:

“Lord, I can’t do this myself. I need your help! I want to be near to you, to hear your voice, to grow in intimacy with you, to receive revelation of your character and purpose, to be strengthened to resist temptation, to be prepared for spiritual battle. Lord, show me what this means for me today and in the coming weeks. Reveal to me your plans for me to draw near to You in solitude and silence. I love you, Lord. Grow in me a hunger and desire for you. In Jesus’ Names, Amen.”

## In the Coming Days and Weeks:

1. Schedule time to be alone with God daily. If this is not a regular part of your life, you might want to begin with ten to fifteen minutes a day and try to increase the time to an hour a day. Time is the lifeblood to solitude and silence. Part of the time include, if you choose, prayer and meditation.
2. Practice being silent up to a half or whole day. It may take some time for your mind to slow down so you can be truly quiet and attentive to the Spirit within.
3. Choose to listen to others around you before you speak. Silence gives the Holy Spirit an opportunity to sow His thoughts in your mind and heart.
4. Take a half to a full day private retreat spending time in solitude with God in a special or favorite place. Don’t over-structure this time.
5. Take longer retreats, 24 to 48 hrs. A week or so. The more you enter the rhythm of waiting on God, of giving Him some of your best time, the more free you will be from pride and performance, the more willing to surrender false images of yourself.