

Spiritual Disciplines for the Christian Life

Silence and Solitude

Definitions:

1. **Silence:** the voluntary and temporary abstention from speaking so that certain spiritual goals might be sought.
2. **Solitude:** voluntarily and temporarily withdrawing to privacy for spiritual purposes.

Brief thoughts to consider:

1. Silence and solitude are complementary Disciplines to _____.
2. Silence and solitude are _____ found together.
3. Western culture conditions us to be comfortable with _____ and _____, not with _____ and _____.

Reasons for Silence and Solitude:

1. To follow Jesus' _____ (Matt. 4:1; 14:23; Mk. 1:35; Lk. 4:42)
2. To hear the _____ of God better (1 Kings 19:11-13; Hab. 2:1; Gal. 1:15-17)
3. To express _____ to God (Ps. 46:10; Hab. 2:20; Zeph. 1:7)
4. To express _____ in God (Ps. 62:1-2, 5-7; Isa. 30:15)
5. To seek the _____ of the Lord (Lam. 3:25-28)
6. To be _____ and _____ restored (Isa. 40:30-31; Mk. 6:31)
7. To regain a _____ perspective (Lk. 1:20, 63-64)
8. To seek the _____ of God (Lk. 6:12-13)
9. To learn to _____ the tongue (Prov. 17:27-28; Eccl. 3:7; Jam. 1:19, 26; 3:2)

Suggestions for Silence and Solitude:

1. "Minute Retreats"
2. A goal of daily silence and solitude
3. Getting away for solitude and silence
4. Special places
5. Trade off daily responsibilities

More application:

1. Will you seek daily times of silence and solitude? (1 Ki. 6:7; 1 Cor. 6:19)
2. Will you seek extended times of silence and solitude?
3. Will you start now?

Spiritual Disciplines for the Christian Life Journaling

Definition:

Journaling is the practice of writing down the works and ways of God in your life.

Biblical Examples:

1. The Psalms – Psalm 77:1–15
2. Lamentations – Lam. 3:19–24

Value of Journaling:

1. Help in self-understanding and evaluation (Rom. 12:3)
2. Help in meditation (Josh. 1:8; Ps. 1:1–3)
3. Help in expressing thoughts and feelings to the Lord (Ps. 62:8)
4. Help in remembering the Lord's works (Ps. 106:6–13)
5. Help in creating and preserving a spiritual heritage (Deut. 6:4–9; 2 Tim. 1:5)
6. Help in clarifying and articulating insights and impressions (1 Pet. 3:15)
7. Help in monitoring goals and priorities (Phil. 3:12–16)
8. Help in maintaining the other Spiritual Disciplines (Ps. 119:11; Rom. 8:13; Jude 20)

Ways of Journaling:

1. "Your way of keeping a journal is the right way." Use the method that works best for you!
2. Don't be bound to only one method of making entries!

More Application:

1. As with all Disciplines, journaling can be fruitful at any level of involvement with it.
2. As with all the Disciplines, journaling requires persistence through the dry times.
3. As with all the Disciplines, you must start journaling before you can experience its value.
4. Will you start today? "Know well that the enemy laboreth in all wise to stay thy desire in good and to make void of all good exercise." (Thomas A. Kempis, Imitation of Christ)