

STEP 6 ACTION STEP | SILENCE AND SOLITUDE

*Good and upright is the Lord; therefore he instructs sinners in the way.
He leads the humble in what is right, and teaches the humble his way.
Psalm 25:8-9*

PASSAGE STUDY

Read through Psalm 25 and answer the following questions:

1. What are the things the Psalmist is asking God for?
2. How does the Lord lead those who seek him?
3. What are your own cries to the Lord as you seek to humble yourself and be entirely ready for him to remove your defects of character?

PASSAGE RESPONSE

In response to your time in the Word, practice the discipline of silence and solitude. These disciplines are a practice in abstinence: denying ourselves something in order to gain deeper intimacy with the Lord. Silence and solitude remove the distractions of people and noise to focus our hearts and mind completely on God. Use the steps below to help guide your time:¹

1. Get Alone. Find a space where you will not be interrupted. It is important you feel comfortable and safe while doing this. There is no “right” place or posture. Get alone and get comfortable.
2. Get Quiet. Remove as many potential distractions and noises as possible (close doors, turn off electronics, etc.).

¹ Spiritual Disciplines and the Enneagram, Summit Church, 2020

3. Get Calm. Take a few deep breaths to slow down. If you have a great deal on your mind, consider writing a list of to-dos or concerns as a way of “putting them away” for a time.

4. Cry to the Lord. Begin your time with a prayer you can say in one breath. A few examples of such a prayer include “Search me and know me” (Psalm 139), “Speak, your servant is listening” (1 Samuel 3:10), and “here I am, Lord” (Isaiah 6:8). Use your reflections and passage from Step 6 to help guide your requests.

Pay attention to what happens. You may experience “the Monkey Mind” where your thoughts leap around the branches of your mind. This may be God revealing your addiction to noise or discomfort with intimacy.

Perhaps God is revealing to you the unsustainable pace you are running. You may notice the “Managing Mind” where your thoughts turn towards what you’ve left undone. This may be God revealing your addiction to busyness and productivity. Resist the voice of shame condemning you for not doing this “well.” You are resting in grace.

Simply pay attention to whatever comes. If need be, refocus your time by returning to your breath prayer. Notice how your body feels. Notice unexpected memories or emotions. Pay attention to what happens, seeking to receive your time as a gift from God.

At the end of your time, write down anything you noticed (even if what you noticed was that nothing at all happened). If anything seems strange to you, or if you suspect God was revealing something to you, return that to the Lord in prayer by asking, “what are you showing me, Lord?”

5. Connect with your sponsor and share what the Lord did or spoke to you during this time.