**A SPIRITUAL PRACTICE of SILENCE, STILLNESS AND SOLITUDE:**

A season of silence is the best preparation for speech with God. Samuel ChadwickSolitude opens a space to be alone with and aware of God,

stillness allows you to be attentive to His presence.

**INVITATION:**

Follow the example of Jesus and regularly seek the company of the Father, Mark 1:35. This involves a three-in-one practice — creating time, space and awareness of the ever- present Triune God, while fostering within a deepening love for God, self and others.

**In silence**, we let go of internal noise — all thoughts, busyness, preoccupations and other distractions that crowd out God. It is not emptiness but intimacy, not a lack of sound but the sound of Presence where we know and are known by God.

**In stillness**, we let go of striving — ceasing activity to assume a posture of rest and contentment, receptive to the transforming love of God.

**In solitude**, we let go of the need for significance — availing ourselves to be found by the One who is with us always, to claim our identity in Christ alone.

**SCRIPTURE:**

In quietness and trust you will find strength... Isaiah 30:15

I am standing in absolute stillness, silent before the one I love... Psalm 62:5

Surely I have stilled and quieted my soul… Psalm 131:2

**PRACTICE:**

Seek God — body, mind and soul. Be alone in silence for 10-15 minu­­tes, available and attentive to the loving presence of God. Pay attention to any resistance you may feel. Confess and let go of distractions. Release your agenda as you stay present to God. Be still and know that He is God, Psalm 46:10.

"I learned that silence is the secret.

Silence your body to listen to your words.

Silence your tongue to listen to your thoughts.

Silence your thoughts to listen to your heart beating.

Silence your heart to listen to your spirit.

Silence your spirit to listen to His spirit.

In silence you leave the many to be with the One."

—Mama Maggie Gobran, Founder of Stephen's Children

Celebrating 10 Years of Retreat Ministry at The Springs —Linda Holmes 5.2020