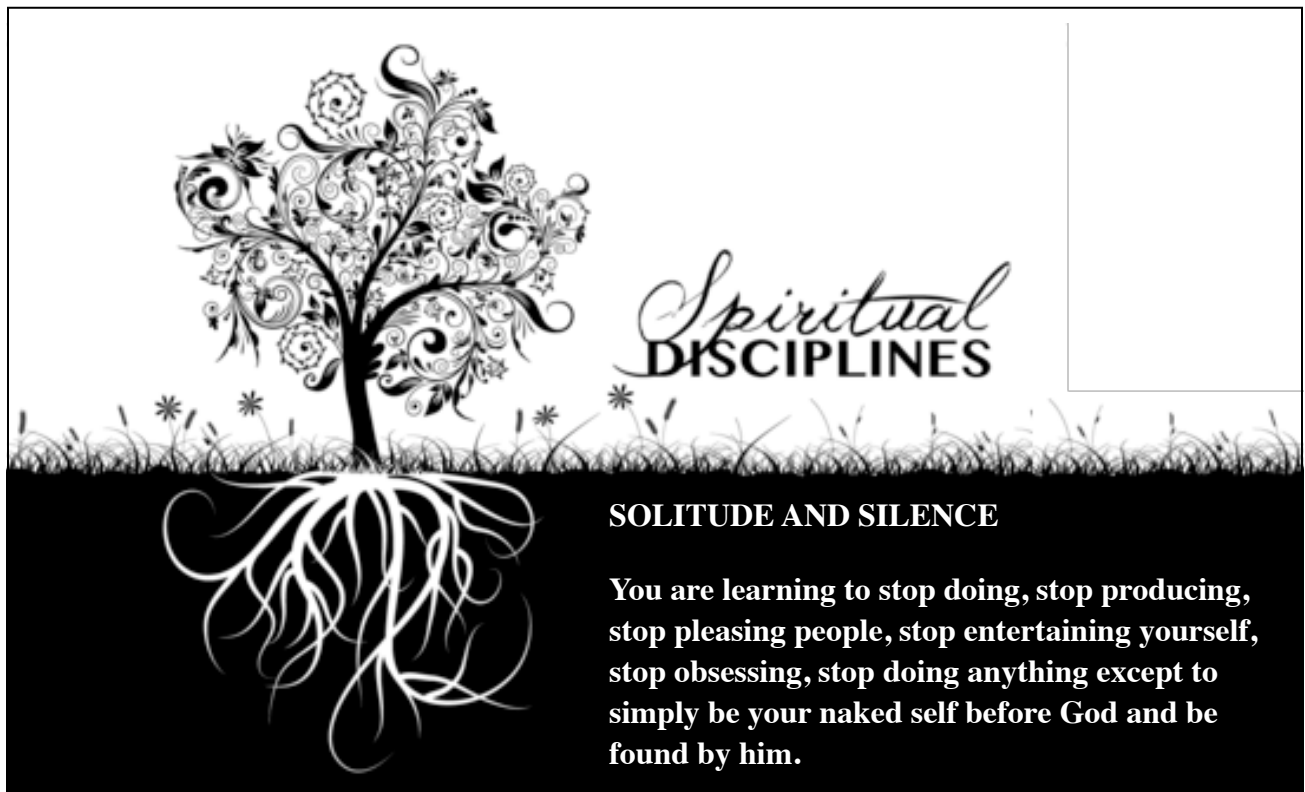




SOLITUDE AND SILENCE

You are learning to stop doing, stop producing, stop pleasing people, stop entertaining yourself, stop obsessing, stop doing anything except to simply be your naked self before God and be found by him.

Challenge of the Week

Silence & Solitude

Practice: Write Luke 5:15-16 out on a notecard and hang it on your bathroom mirror. Before you shower each day, read the verse silently to yourself. Then, while you shower, present yourself to your Creator – all of your body, all of the dirt that has accumulated in your soul, all that God has made you to be. Let the water of the shower remind you of the water of life that nourishes and changes you. Let the warmth touch you with love. Offer yourself to God for the day. Thank him for the alone time he spends with you. Do this once each day.