



## **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: Plan for a time where you can spend 10 minutes alone. When the time comes, leave your phone in another room and find the quietest corner of your home. Read Mark 1:35 silently to yourself. Draw in a deep breath and pray the words: "I am listening." If your mind begins to wander, that's okay and very normal. Simply return to the silence by repeating, "I am listening." Focus on feeling his presence with you. Do this 3 times this week.