



SOLITUDE | *The practice of **temporarily being absent** from other people and other things so that you can **be present with God.***

SILENCE | *The practice of **temporarily removing our souls from the noise** to be increasingly attentive to God.*

Jesus nurtured his connection with God through silence and solitude both during critical moments in his ministry and as a regular practice.

Lessons from Elijah the Prophet

1 KINGS 19:1-21

Practicing silence & solitude...

- ... brings us **face to face** with **ourselves***
- ... brings us **face to face** with **God***
- ... helps us **hear God's voice***
- ... **renews and re-energizes us** for the mission*

Suggestions for practicing silence & solitude:

- pick a "place"*
- start small*
- ease into it*
- fail forward*
- practice*