



# PRACTICING PACE

Embracing healthy rhythms of work and rest  
for long-term health over short-term gains.

## Week 2: Silence & Solitude



This week we enter into the wilderness through the practice of solitude and silence.

### **Pause.**

Begin this practice with two minutes of silence and stillness in prayer, asking God to be with you.

*For the Lord God, the Holy One of Israel, has said: "You will be delivered by returning and resting; your strength will lie in quiet confidence." Isaiah 30:15*

### **Review & Reflect.**

How did last week's practice of doing nothing with Jesus go?

- What did you do?
- Where did you experience joy?
- Where did you experience tension?
- What got in the way?
- What did you learn from the experience?

### **Read & Respond**

1. Read Mark 1:35 twice out loud together.
2. What stood out to you from this week's teaching and Scripture?
3. What has been your experience with silence and solitude up to this point in your journey with Jesus?
4. Which, if any, of these fears do you have about practicing silence and solitude?
  - a. Fear of nothing happening
  - b. Fear of being unneeded
  - c. Fear of your emotions
  - d. Fear of an encounter with God
5. Do you have a quiet place in mind? What would it take for you to spend time in silence and solitude with God this week?

### **Ask.**

Take time to ask God this question:  
*Where and why do I resist your invitation to be with you in silence and solitude?*

## Yield.

This week's practice of yielding to Jesus' way by practice silence and solitude.

### **Solitude:**

*Intentional withdrawing from others in order to be alone with God.*

### **Silence:**

*An internal and external state of quiet; a removal of all other voices, inputs, or noises.*

### **How to Get Started:**

- Select a quiet place to be alone with God without any other inputs or distractions.
- If you're new to silence and solitude, start with a few minutes.
- If you've practiced silence and solitude before, work toward an extended time alone with God.

Some recommended best practices:

1. **Finding a quiet place.** This might be the first and biggest challenge. You can think outdoors (parks, trails, etc). or a room or chair in your house where you can be alone. Avoid coffeeshops, restaurants, or other places that are often full of people.
2. **Setting a timer.** A timer will keep track of how long you've been silent so you don't have to.
3. **No books, journals or podcasts.** The goal in silence and solitude is only two inputs: you and God. Books, journaling, and sometimes even reading the Bible in this time can become way that we avoid God if we aren't careful.
4. **Curate regular silence by turning off notifications on your devices.** By controlling the demands on your attention through your device, you can cultivate the ability to be present in your everyday life. Go through your apps and turn off any notifications that you don't want.
5. **Work together.** Involving your partner, community, or friends can help with childcare and other responsibilities during this time.
6. **If you have an overwhelming to-do list in your head,** write it all down on a piece of paper and put that paper somewhere where it can wait for you to be done.
7. **Reflect on your experience.** What came up for you in this time? Pay attention to your emotions before, during, and after the experience.

