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**PRACTICING
REST & SOLITUDE**

A MAKING SPACE RESOURCE

LifeWay Press®
Nashville, Tennessee

MAKING SPACE



HEART: GROWING IN BELIEF

This exercise focuses on experiencing silence and solitude as we rest in God's wisdom.

WHAT ARE SILENCE AND SOLITUDE?

Solitude and silence work together in disciplining our hearts to find satisfying rest in Christ. Solitude is blocking out all outside voices and interactions so that we can focus on God. Silence is abstaining from speech so that we can listen to God's words to us.

Solitude and silence are invitations to disciples of Jesus. On one occasion Jesus said to His disciples:

"Come away by yourselves to a desolate place and rest a while."
For many were coming and going, and they had no leisure even to eat.

MARK 6:31

INSTRUCTIONS

Go to a quiet place where you won't be interrupted or distracted and set a timer for ten minutes. During that time don't journal, use your phone, read a book, study, or do anything other than listen. Listen to your worries and thoughts, but also listen to the Lord. Read Psalm 131 as a resource and as encouragement to be still and quiet.

If it's hard to rest, quiet your soul by taking deep breaths and asking the Spirit of God to speak to you and bring your heart to a place of contentment. Repeat the phrase "Lord, help me rest and hear You."

IDEAS

- If you're married with children, work with your spouse to set aside time for both of you to practice this discipline without the distractions of work or the responsibilities of caring for your children.
- Go on a hike or to a beautiful area where you can be alone near where you live or work.
- Get up early and sit in quietness on your porch or in your backyard. Or sit in a quiet room in your house.

- Your mind will race toward important tasks you've forgotten to do or need to do. This often happens when you take a few minutes to be still. You can take a small card to jot down those items as they come to mind so that you don't dwell on them. However, avoid making a to-do list.
- Avoid attempting silence and solitude in a coffee shop, at the gym, at your desk at work, or any other place where you'll be distracted or interrupted.

REVIEW YOUR EXPERIENCE

What did you hear from the Lord as you experienced a time of solitude?

What was beneficial about this time? What was difficult?

Would you practice silence and solitude again in the future?
What worked well? What would you do differently?

WANT TO GO DEEPER INTO THIS EXPERIENTIAL STUDY?



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