



Spiritual Disciplines

SESSION 7: SOLITUDE AND SILENCE

Based on *Celebration of Discipline*
by Richard Foster

ICEBREAKER QUESTIONS:

Do you like to be alone? Why or why not?

Has your tongue, the words you speak, ever got you into trouble?

"Solitude is more a state of mind and heart than it is a place."

Richard Foster, *Celebration of Discipline*

Boundary: What's going too far with Solitude & Silence and what's too little?

WHAT ARE SOME OF THE BENEFITS OF PRACTICING SOLITUDE & SILENCE?

1. Learn to listen to God
2. Learn to silence the inner critic/voices
3. Learn to be in a quiet place, centering down
4. Learn to control the tongue
5. Learn deeper versions of reflection and empathy for others

MORE PRACTICAL TIPS

1. Take advantage of little solitudes throughout the day
2. Find or form a literal quiet place
3. Four times a year withdraw for three to four hours for the purpose of reorienting your life goals.

FURTHER STUDY

1. Read the Gospels. Notice when Jesus goes to be alone or is silent on purpose.
2. Read James 3 and think about how the tongue effects us positively and negatively.