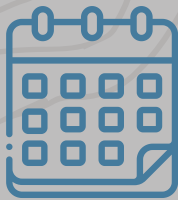


SILENCE & SOLITUDE



Here's your challenge. Get alone with God. Block out some time for silence and solitude. If we're going to become like Jesus, we have to arrange our lives around the same kind of practices he did. It's not enough just to slow down. You have to get alone with the Father like He did. From time to time you'll need to completely unplug from the noise, the people, and the culture. Here are some things to consider as you plan for a time of silence and solitude this week.



MAKE A PLAN

1 Commit to a day and time you will schedule this week.

SHARE IT

Let others know your plans to get time alone. 2



DO NOT DISTURB

3 Turn off any devices that might distract you.

DON'T GIVE UP

If at first you don't, succeed try again. 4



"You have made us for yourself, LORD, and our hearts are restless until they find their rest in YOU." Augustine