

DEEPER SPIRITUALITY:
BEST PRACTICES

Solitude

Integrating solitude and silence into your life may take a few days or even weeks of experimentation and reflection—
be patient with the process.

See reverse side for some best practices that can help:



Solitude

Identify your sacred space and time.

- Consider time and the physical space, whether home, outdoors or in your office.
- Consider whether there are any spiritual symbols or icons that help you be present to the spiritual reality of God's presence with you.
- Experiment! Pay attention to what works and what doesn't until you find the best time and place for you.

Begin with a modest goal.

- Start with 60 seconds or 5 minutes.
- 10, 15 or 20 minutes of time spent in actual silence is a good goal.
- You can always increase the time as your capacity for silence increases.

Settle into a comfortable yet alert physical position.

- Sit in a comfortable straight back chair, feet flat on the floor, hands in your lap.
- Relax your body and calm your breathing.

Ask God to give you a breath prayer that expresses your openness and desire for God.

- Choose a prayer phrase that expresses your desire or need for God.
- No more than six or eight syllables so that it can be prayed very naturally in the rhythm of your breathing.
- Pray this prayer several times as an entry into silence.
- Pay it also as a way of dealing with distractions.

Close your time in silence.

- Express gratitude for God's presence with you.
- Pray The Lord's Prayer.

Be patient with the process.

- Resist the urge to judge yourself or your experiences in silence.

Adapted from *Invitation to Solitude and Silence* by Ruth Haley Barton. Second edition ©2010 by Ruth Haley Barton. Used by permission of InterVarsity Press.



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