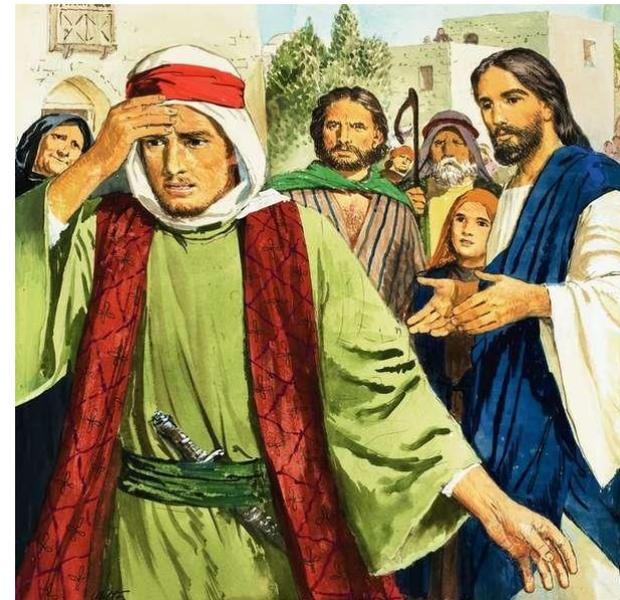




# Our Need for Silence and Solitude

# Introduction

- ▶ “For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all.”  
(Jam. 2:10)
- ▶ The purpose is to separate ourselves from the distractions of life (mind and heart) with the purpose of meeting with God.



# Is it necessary?

- ▶ “Truly my soul silently waits for God; from Him comes my salvation.” (Ps. 62:1)
- ▶ “Be still, and know that I am God...” (Ps. 46:10)



# Is it necessary?

- ▶ *“A life without a quiet center easily becomes delusional. When we cling to the results of our actions as our only way of self-identification, we become possessive, defensive, and dependent on false identities. In the solitude of prayer, we slowly unmask the illusion of our dependencies and possessiveness, and discover in the center of our own self that we are not what we can control or conquer but what is given us from above to channel to others. In solitary prayer we become aware that our identity does not depend on what we have accomplished or possess, that our productivity does not define us, and that our worth is not the same as our usefulness.” (Henri Nouwen)*

# Benefits of Silence and Solitude

## 1. To know yourself

- ▶ That I am a sinner
- ▶ “...in my flesh dwells no good thing.” (Rom. 7:18)
- ▶ “...by the law is the knowledge of sin.” (Rom. 3:20)
- ▶ “I gain understanding from Your commandments; therefore I have hated every way of unrighteousness.” (Ps. 117:104)
- ▶ “Depart from me, for I am a sinful man, O Lord!” (Lk. 5:8)



# Benefits of Silence and Solitude

## 1. To know yourself

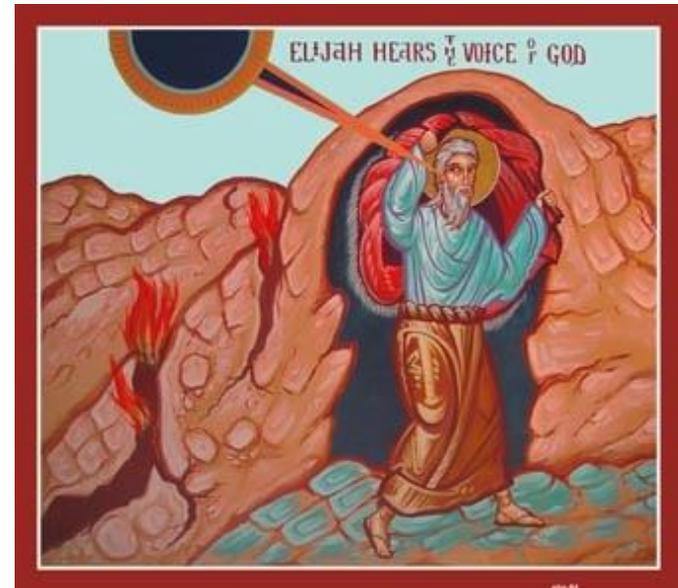
- ▶ To know our weakness
- ▶ Weakness is a point in our life that is present, but weak.
- ▶ It is refining something good to be better.



# Benefits of Silence and Solitude

## 2. Allows us to hear God's voice

- ▶ "...and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice." (1 Kings 19:12)



# Benefits of Silence and Solitude

## 3. Creates an environment that aides wise decision-making

- ▶ “Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. And when it was day, He called His disciples to Himself; and from them He chose twelve whom He also named apostles...” (Lk. 6:12-13)



# Benefits of Silence and Solitude

## 4. Helps is regain spiritual perspective

- ▶ Ex: Moses in the Wilderness



# Practicing Silence and Solitude

- ▶ Be prepared for battle
- ▶ Set apart time and place to be with God
- ▶ Contemplate on:
  - ▶ Bible verse, nature, prayer
  - ▶ Death, judgment, and the afterlife
    - ▶ *“If the righteous one is scarcely saved, where shall I, the sinner, appear?”* (11th Hour Litany, Agpeya)
    - ▶ *“Behold, I am about to stand before the just judge terrified and trembling because of my many sins.”* (12th Hour Litany, Agpeya)
  - ▶ Lives of Saints