



# PRAY IN SILENCE

We all need moments of turning down the volume of our lives for the sake of listening to the whispers of our God. We are bombarded by information more than any other generation in human history, which means we are constantly being overwhelmed by the news constantly coming at us. Taking time to be still and silent before the Lord is a discipline that can be difficult and feel uncomfortable in the beginning, but as we embrace it, it will both reveal how much noise we have in our lives and allow us to see that we can be *in* God's presence without having to talk to Him. God's desire is for us to enjoy His presence and not just do things for Him.

## CREATE A GOAL

- If this is a new practice for you, start small! We encourage you to start with 10 minutes a day, 3-5 days per week.
- If you've been practicing silence and solitude occasionally, try to consider moving to every day.
- If you've been practicing silence and solitude consistently, consider choosing one day a week to dedicate 30-60 minutes to being still and quiet before the Lord.

## CREATE SPACE

- Put away your phone and any other distractions that might remind you of all that is going on or needs to be done for the day.
- Take some slow, deep breaths for 2-3 minutes.
- If your mind begins to run wild with thoughts or feelings, don't give up...simply give that thought over to the Lord as soon as you recognize the distraction and go back to your breathing.
- Let yourself be aware of your emotions and let this be a time you bring them and lay them before the Lord.

## WHAT SHOULD I DO?

Being still and silent can feel so foreign to us in such a busy culture. Because we are so used to noise and activity, we tend to feel uncomfortable even after 30 seconds of being still and silent. Know that going into this and be prepared to feel a little awkward as you are practicing this new discipline; the rewards are worth the awkward feelings!

## LISTEN

We so often think of prayer as something we do when we talk to God and tend to forget that part of a conversation is listening. Learning to be quiet and listen to the Holy Spirit takes practice, but can be a great way for us to refocus on what matters most. Here are some good questions you can ask the Lord when listening:

- What do you want to say to me today?
- Is there anything you want me to do today?
- Is there anyone you want me to bless or encourage today?
- What lies am I believing? As He reveals any lies to you that you may be believing, ask Him what truth needs to replace that lie.
- If you're happy, celebrate with Him!
- If you're grateful, express your appreciation to Him.
- If you're anxious, talk to Him about what is worrying you. Allow Him to remind you of the truths of His sovereignty and goodness.
- If you're hurting, talk to Him about what is hurting and allow the Holy Spirit to comfort you.
- If you're angry, be honest with Him about what is causing anger and allow Him to speak into it and remind you of the peace He offers.
- If you're sitting in unanswered questions about your life or future, sit with God in that tension. Be honest about how it feels to not have an answer and allow Him to speak into the silence.