

DAILY SOLITUDE

[1] **Rest** - In silence, quiet your heart and mind.

[2] **Remember** Jesus is present and you need for him in this moment

[3] **Reflect** - replay the events of the day.

- Reflect on moments of gratitude and regret.
- Pray through the various events. Give thanks for moments of gratitude.
- Confess the moments where you didn't respond as needed.

[2] **Rejoice** - End with prayer of thanksgiving for God's boundless mercy and enduring love.

EXTENDED SOLITUDE

The following format is adapted from Glandion Carney book, *The Spiritual Formation Toolkit* as found in John Ortberg's book, *The Life You've Always Wanted*.

[1] Find a place where you can be uninterrupted and alone, such as a park or a retreat center.

[2] Spend a brief time the night before to get ready, asking God to bless the day, and to tell him you want to devote the day to him. This day is a gift to God, but even more, it is a gift God wants to give you. What do you need from the Lord: a sense of healing and forgiveness? Conviction for apathetic heart? Compassion? A renewed sense of mission? Ask him for this.

[3] Arrange the day around listening to God.

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| 8:00 - 9:00 | Prepare your mind and heart, take a walk, or do whatever will help set aside concerns over tasks and responsibilities. Try to arrange your morning so you can remain in silence from the time you awaken. |
| 9:00 - 11:00 | Read and meditate on Scripture, taking time to stop and reflect when God seems to be speaking to you through the text. |
| 11:00 - 12:00 | Write down responses to what you have read. Talk with God about them in prayer and journaling. |
| 12:00 - 1:00 | Eat lunch and take a walk, reflecting on the morning. |
| 1:00 - 2:00 | Take a nap |
| 2:00 - 3:00 | Set goals that emerge from the day's reflection |
| 3:00 - 4:00 | Write down these goals and other thoughts in a journal. You may want to do this in the form of a letter to God. Prepare to re-enter society. |