

Silence/Solitude

Definition:

Discipline of silence: the voluntary and temporary abstention from speaking so that certain spiritual goals might be sought.

Reasons:

1. Following Jesus' example; Matt. 4:1, Matt.14:23, Mark 1:35, Luke 4:42
2. To Better Hear God's Voice; Habak. 2:1
3. To Express Worship to God; Zeph. 1:7
4. To Express Faith in God; Psalm 62:1-2 & 5-6
5. To Be Physically and Spiritually Restored; Mark 6:31
6. To Regain a Spiritual Perspective; Luke 1:20 & 63-64
7. To Seek the Will of God; Luke 6:12-13
8. To Learn Control of the Tongue; Prov. 17:27-28

Practice:

1. Special "Quiet Places"
2. "Minute Retreats"
3. Daily Goals of Solitude and Silence
4. Spiritual Gifts Retreat