



Being with Jesus

Solitude and silence

Icebreaker: Ask people to get into pairs (with someone who doesn't know them) and ask and answer two questions:

1. What is the noisiest part of your life? Where is it? When? What is going on?
2. What is the quietest part of your life (except when you're sleep)? Where is it? What is going on?

Then ask people to share their partner's answers (with their permission of course).

1. Is silence and being on your own a good thing? What impact does it have on you?
2. What things interrupt silence and stillness in your life (either accidentally or deliberately)?

Bible Readings:

Split up into small groups as appropriate and share out the following scriptures:

- Psalm 46:8-11
- 1 Kings 19:9-12
- Luke 5:15-16
- Matthew 6:5-6
- Galatians 1:13-17

What is God saying to you about prayer and silence and solitude through these passages? Allow time for some feedback.

Guided silence

Do a guided silence with the group. They aren't trying to pray or hear from God, just be with Him. Teach acceptance of residual sounds – don't worry as you become aware of sounds around the house. Aim for 5 minutes or more. Light a candle in the centre of the room at the start and then blow it out at the end.

Reflective questions:

1. What did you become aware of in the silence?
2. If you were to find a place of solitude and silence to spend time with Jesus (or as near to that as possible), where would it be? Describe the furniture, lighting, your posture, any things you'd want to have with you?
3. In what ways is silence different from prayers of the presence (breath prayers) that we tried last week? Do you have any reflections on those too?

Try adding 2-5 minutes silence onto the beginning and/or end of your daily devotional time.