

## TIPS FOR A RESTFUL SOLITUDE DAY

1. Pick a place that feels comfortable and protected from interruption (ideally *not* your office or home).
2. Establish a comfortable position with your body.
3. Solitude is not a catch-up day. Leave the emails and unfinished tasks on your desk. When you come back refreshed and renewed, you will have more energy and insight to finish what you left on your to-do list. Similarly, solitude is not a day to work around your house, run errands. When a distraction comes (family, work, etc.) don't fight them; just let them go (leaf in a stream).
4. Plan your solitude throughout the quarter. Jot down notes, Scriptures and ideas you want to meditate on during your solitude.
5. Take time to review your assigned reading.
6. Do not try to create anything. Avoid output not directly related to recording what you feel God saying in you. If you feel nothing much is happening be still in the emptiness! God is always present anyway! (Ps. 139)
7. Be flexible with the five sections of your solitude time. You can do them in different orders and the duration of each part is up to you.
8. Pay attention to your body. What is it telling you? Are you tired? Offer your weariness to God. Attend to God's presence with you in your weariness. Christ at times was weary.
9. Pay attention to your mind and heart. What feelings are most pronounced? Whatever they are let them be. Anxious, let it be. Angry, let it be. Sad, let it be. Happy, let it be. Lonely, let it be. Imagine God entering your feeling and be with you in it. Be still with God in your feelings. Don't try to change anything, let them be before God. "Whatever is, is the teacher."
10. Simply be still and open yourself to the presence of God. Be aware of God's desire to be with you, and your desire to be with God. What are you longing for! Let your longing be. Are there deep joys and success that are yours? Bring God in to your joy. Give thanks. Express to God your deep love for his love.
11. Simply close your time with a simple prayer of thanksgiving.

*This resource informed by Dr. Rich Plass of Crosspoint Ministries and revised by [zimmermanband.com](http://zimmermanband.com). Please do not make duplications or alter the content without written consent from, the author.*