

The Spiritual Disciplines of Christian Silence and Solitude Outline

1. Silence and Solitude are usually Practiced Together

2. What is Christian Silence?

3. What is Christian Solitude?

4. Biblical Examples

5. Why Silence and Solitude are so important

6. Why do we avoid Solitude?

7. The Practice of Silence and Solitude

- **First: Find the Time**
- **Second: Silence and Solitude requires planning**
 - **1. Choose a place or activity**
 - **2. Tell Others**
 - **3. Plan what you want to do with your time**

8. What to Expect in Silence and Solitude

- **1st : Expect Change**
- **2nd : Expect to hear more clearly from the LORD**
- **3rd : Expect to be cleansed from a worldly mindset**
- **4th : Expect rest for your soul**