

## SILENCE & STILLNESS GUIDELINES

*The Lord will fight for you; you need only to be still. Ex 14:14*

- Sit down and take a few deep breaths to settle into the silence.
- Choose a very simple prayer to express your openness and desire for God.  
*(e.g. Abba, Father, Holy Spirit, Jesus, Here I am Lord)*
- Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.
- When you become distracted, offer again your simple prayer back to God.



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## CREATING A RHYTHM IN YOUR DAY





-  **Morning Prayer:** 6:00am - 9:00am
-  **Afternoon Prayer:** 11:00am - 2:00pm
-  **Evening Prayer:** 5:00pm - 8:00pm
-  **Compline:** Just before going to bed/sleep

### DURING OUR TIME OF SILENCE/STILLNESS:




-  We receive His love
-  We let go, surrendering our will to His will
-  We open ourselves to hear God speak



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