

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.



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