

# ▲ SESSION 15 HANDOUT:

## Liturgy of Silence

### DURATION OF SILENCE

One 60 minute session each week (6 sessions in total)

### STRUCTURE FOR SILENCE

1. **PREPARE** for your time in silence with God by grabbing your phone, a journal, and a pencil. Find a quiet, comfortable spot where you can sit in silence and solitude. Set your timer for the determined amount of time. Then take three deep breaths in, inhaling and exhaling slowly, calming the chaos, quieting the noise, and allowing your body to relax. As distractions enter your mind (not if, but when), acknowledge the thought, jot it down in your journal (just a couple of words so you remember later), release it, and return to God.
2. **PRAY** over your time, marking your entrance into this time with God, opening yourself to God, by praying Ted Loder's prayer "Gather me to be with you" from his book *Guerrillas of Grace* (this can be found on page 7 of *Invitation to Solitude and Silence*)

O God, gather me now to be with you as you are with me.  
Soothe my tiredness;  
quiet my fretfulness;  
curb my aimlessness;  
relieve my compulsiveness;  
let me be easy for a moment.

O Lord, release me from the fears and guilts which grip me so tightly;  
from the expectations and opinions which I so tightly grip,  
that I may be open to receiving what you give,  
to risking something genuinely new,  
to learning something refreshingly different.

O God, gather me to be with you as you are with me.

Amen.

3. **READ** Psalm 46, reminding yourself that by living under God's protection (v1-3), in God's presence (v4-7), and by God's power (v8-9) brings you peace. Receive this peace, feel this peace, embrace this peace.
4. **SIT** in the stillness and silence of this refuge with God, aware of His presence. *Be still* and know *He is God*, that He is to be *exalted*. Don't rush. Don't force anything to happen, just continue sitting with God, spending time with God, being with God. As you sit in silence, pay attention to your inner being - your thoughts and emotions. Feel them, name them, express them as you sit with them and share them with God. As they arise, ask yourself what lies you are hearing or believing and how this is robbing you of the peace you find in God. How are these lies contradicting the truth of God's Word about who He is and who you are in Christ? Then release your cares, your worries, and your fears to God.
5. When the alarm goes off, **GIVE THANKS** to God for this time together in His presence and this refuge of peace. And know that you cannot do this wrong. Feel free to simply sit and be with God. Enjoy this time, do not feel guilty for it!