



Personal Reflection

Take time this week to pray & respond to the following:

You are probably carrying more stress than you realize. Sleeplessness, inability to focus, short-temperedness and anxiety are just a few of the possible indications that the stress and noise of life in this hectic world are taking their toll on your well-being. Fatigue and stress break down your body—physically, mentally and spiritually. Like an automobile, your life needs to be regularly tuned and maintained in order to run smoothly.

The spiritual disciplines of silence and solitude enable recovery. They interject a pause in between the demanding and complex moments of your daily routine. Silence and solitude do not come easy because interruptions abound. You must resist the urge to neglect taking the time to be still, quiet and alone. It is in these moments of simplicity and rest that renewal from the Holy Spirit is most near and most free to work.

You need time to recover. Are you aware of the need to disconnect from distractions so that your heart, mind and spirit can be still and rest in the presence of God? Are you making time in your schedule to experience silence and solitude? Have you committed those quiet moments to the Holy Spirit so that He may restore and renew your well-being?

Prayerfully reflect on the benefits of being silent and alone—momentary separation from daily pressure, freedom from other’s criticism and expectations, the opportunity to relationally “let your guard down.” Consider how God can use these special moments to realign your heart to His. As you exercise the discipline of silence and solitude, acknowledge your daily need before God for His guiding hand to direct your life. Commit to make this time with Him part of your ongoing routine.

I. Stress & Noise

II. Clammer & Crowds

Matthew 14:13-14; 22-23

v. 13-14

Interruptions

v. 22-23

Getting Away From It All

III. Peace & Quiet
