

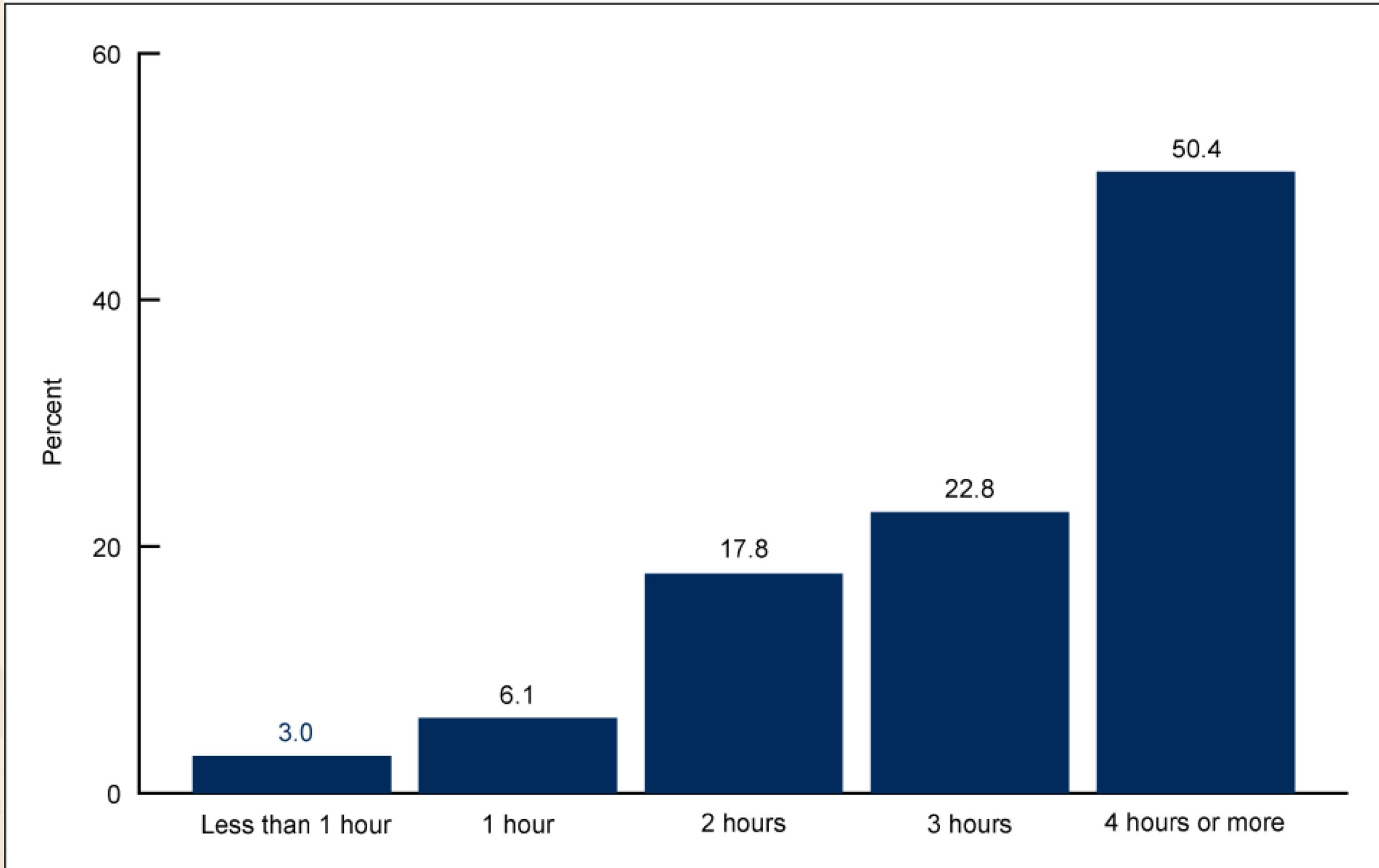


# How Do I Grow as a Christian?

Spiritual Disciplines:  
**Silence and Solitude**

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**Figure 1. Percent distribution of teenagers ages 12–17, by hours of daily screen time: United States, July 2021–December 2023**



NOTES: Estimates are based on household interviews of a sample of the U.S. civilian noninstitutionalized population. Total does not add up to 100 due to rounding.

SOURCE: National Center for Health Statistics, National Health Interview Survey – Teen, July 2021–December 2023.

In order to hear God  
more clearly, we need to  
practice silence and  
solitude.

# Two Beliefs

Spiritual Disciplines:  
Silence & Solitude

## **1. Our God is a speaking God**

- Then God said, “Let there be light,” and there was light” (Genesis 1:3 CSB)

## **2. God wants us to seek Him and find Him**

- “You will seek me and find me when you search for me with all your heart. I will be found by you – this is the Lord’s declaration...” (Jeremiah 29:13-14a CSB)

# Outline

1. What is Silence & Solitude?
2. Why does God want us to practice it?
3. How do we practice it?

# 1. What is silence and solitude?

Spiritual Disciplines:  
Silence & Solitude

The spiritual discipline of quieting your heart and mind so that you can better listen to God

# Silence

Spiritual Disciplines:  
Silence & Solitude

Stilling your heart and  
mind in order to *listen* to  
God

# Solitude

Spiritual Disciplines:  
Silence & Solitude

Getting in a place where  
you are undistracted and  
focused on God

# The Purpose?

Spiritual Disciplines:  
Silence & Solitude

To hear from God so that can “**know**  
Him more clearly, **love** Him more dearly,  
and **follow** Him more nearly, day by  
day.”

-Richard of Chichester, 13<sup>th</sup> century

## 2. Why does God want us to practice silence and solitude?

Spiritual Disciplines:  
Silence & Solitude

It is where we hear God most clearly!

# 1 Kings 19:9-13 (CSB)

Spiritual Disciplines:  
Silence & Solitude

“<sup>9</sup>He entered a cave there and spent the night. Suddenly, the word of the LORD came to him, and he said to him, ‘What are you doing here, Elijah?’ <sup>10</sup>He replied, “I have been very zealous for the LORD God of Armies, but the Israelites have abandoned your covenant, torn down your altars, and killed your prophets with the sword.

# 1 Kings 19:9-13 (CSB)

Spiritual Disciplines:  
Silence & Solitude

I alone am left, and they are looking for me to take my life.' <sup>11</sup>Then he said, 'Go out and stand on the mountain in the LORD's presence.' At that moment, the LORD passed by. A great and mighty wind was tearing at the mountains and was shattering cliffs before the LORD, but the LORD was not in the wind.

# 1 Kings 19:9-13 (CSB)

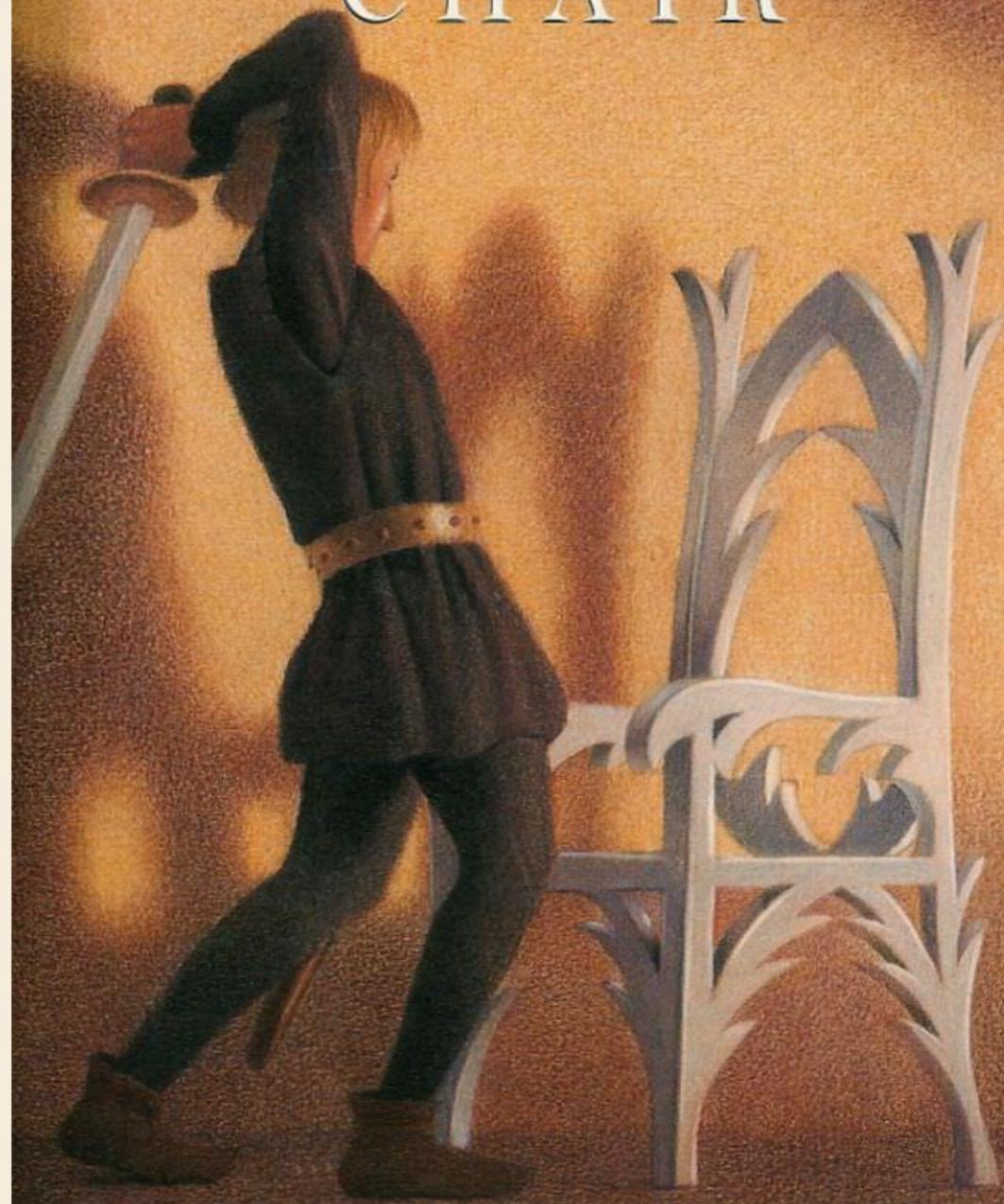
Spiritual Disciplines:  
Silence & Solitude

After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup>After the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was a voice, a soft whisper. <sup>13</sup>When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Suddenly, a voice came to him and said, “What are you doing here, Elijah?”

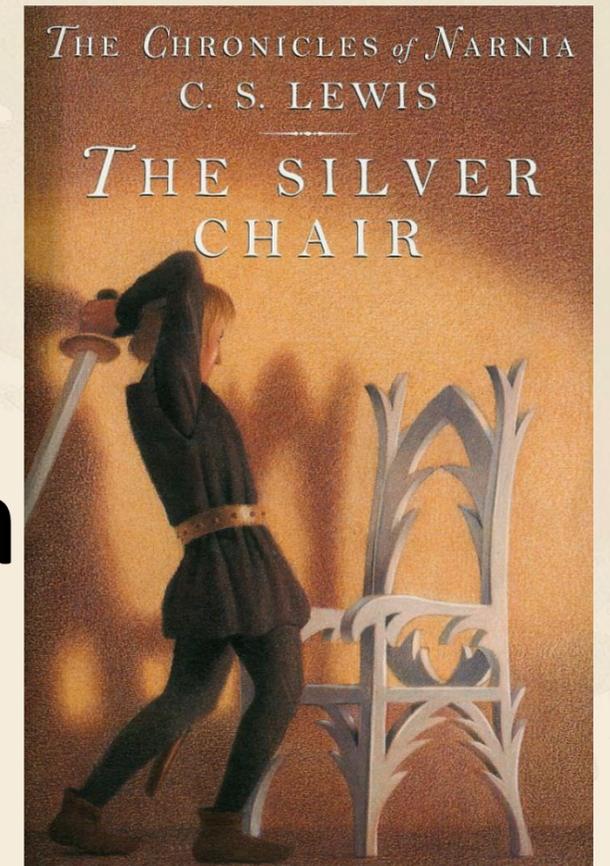
THE CHRONICLES *of* NARNIA

C. S. LEWIS

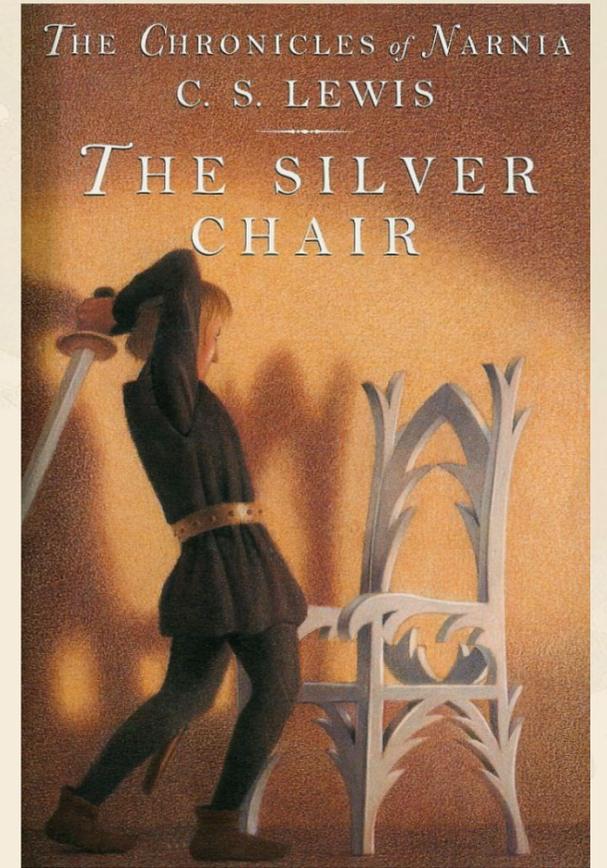
THE SILVER  
CHAIR



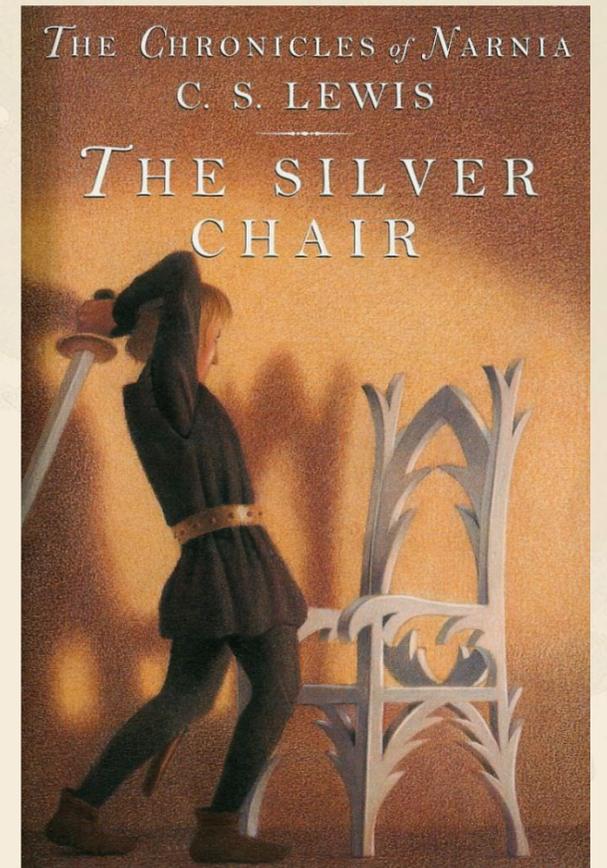
“But first, remember, remember, remember the signs. Say them to yourself when you wake in the morning and when you lie down at night, and when you wake in the middle of the night. And whatever strange things may happen to you, let nothing turn your mind from following the signs.



And secondly, I give you a warning. Here on the mountain I have spoken to you clearly: I will not often do so down in Narnia. Here on the mountain, the air is clear and your mind is clear; as you drop down into Narnia, the air will thicken. Take great care that it does not confuse your mind.



And the signs which you have learned here will not look at all as you expect them to look, when you meet them there. That is why it is so important to know them by heart and pay no attention to appearances. Remember the signs and believe the signs. Nothing else matters.” – Aslan, *The Silver Chair*



# 3. How do We Practice This?

Spiritual Disciplines:  
Silence & Solitude

1. Listen for God's truth
2. Listen for lies

# God's Truth

Spiritual Disciplines:  
Silence & Solitude

1. What stuck out to me from what I just read?
2. What truth might God want me to hear today?

# Lies

Spiritual Disciplines:  
Silence & Solitude

- 1. Interrogate every thought and feeling**
  - Is that **feeling** really true according to God's Word?
  - Is that **thought** really true according to God's Word?
- 2. Submit my feelings and thoughts to God's Word, which is truth**

# What it Might Look Like for You

Spiritual Disciplines:  
Silence & Solitude

1. Start small – 5 mins of silence and solitude each day
2. Find a place you won't be interrupted
3. Find a time you are alert
  - Ask God to speak to you through His Word, then read whatever Bible reading plan you are on
  - Afterwards, listen in silence for 5 mins (yes, 5 whole minutes!) to what truth God might be teaching you.
  - Listen also for lies you are telling yourself
  - Write these down
  - Speak back to God, praising Him, confessing, asking for help, praying for others, etc.

# Level 2

Spiritual Disciplines:  
Silence & Solitude

1. Look for opportunities throughout the day where you can practice moments of silence and solitude.
  - Don't listen to music in the car
  - Before you get out of bed, take a minute to enjoy the silence of the morning
  - Step outside in the evening for a few minutes just to enjoy the silence of the day
  - Set a limit on the media consumption that is most addicting for you – and use 5 mins of the extra time to just listen to God.