

# DIGITAL DETOX



Week Three

## Silence & Solitude (Digital Detox Focus)

**Introduction:** This week we are practicing silence and solitude—not as an escape from life, but as a way of making space for God. Scripture reminds us that God often speaks most clearly when we slow down enough to listen. We will work on the contemplative side of our devotional lives.

Each day, read the Psalm slowly—maybe even twice. Don't rush to fill the silence. Let moments of quiet feel awkward if they need to. Resist the urge to reach for your phone. End each day with prayer.

### Day 1

#### *Be Still*

Psalm to Read: Psalm 46:1-11

This week has been a crazy week for me. When I am busy, I tend to rush the aspects of my life that have nothing to do with my busyness. I rush my conversations. I rush my reading. I rush my prayer life. In a way, my pace defines me rather than my Father. But as Christians, we are beloved children of the Father in Heaven. That is what defines us. And as beloved children, we can and should trust that our provider is good and loving. Psalm 46 reminds us that God is our refuge and strength—not our speed, productivity, or constant connectivity. Right in the middle of chaos, God gives a

command that feels almost unreasonable:  
*“Be still, and know that I am God.”*

Stillness doesn't come naturally to moderns. Silence can feel uncomfortable, even threatening. When life slows down, we're often left alone with our thoughts— and that's usually when we grab our phones. They feed our crazy pace. This Psalm invites us to resist that reflex and trust that God is present even when nothing is happening. To slow to and recognize His presence.

Reflection Questions:

- What makes silence uncomfortable for you?
- What noises (external or internal) keep you from being still?
- What might God be inviting you to notice if you slowed down?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

### Day 2

#### *Listening More Than Talking*

Psalm to Read: Psalm 62:1–8

I hope you caught this phrase from Ps 62: “My soul waits in silence for God alone.” That's not a phrase we use often—or practice much. Waiting. In silence. For God *alone*. Psalm 62 frames silence not as emptiness, but as trust. It is an active term. Waiting quietly before God is an act of faith. Active trust.

We're trained to fill every gap: podcasts on the drive, music in the house, scrolling in every spare moment. We have learned to add noise to whatever situation we are in without even recognizing what we are doing. Silence feels unproductive. But this Psalm suggests that rest and trust are actually built in quiet places. And our souls need to be reprogrammed to crave silence rather than noise. They need to seek the space where they can tune into God's voice. Because God is always speaking. We just often forget to slow down enough to listen.

#### Reflection Questions:

- When was the last time you sat in silence before God?
- What do you tend to fill quiet moments with?
- What would waiting silently for God look like today?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

## Day 3

### *God Is Near, Not Loud*

Psalm to Read: Psalm 131

I know that God is all powerful, omniscient, all wise. I know that His ways are right and holy. He is a wonderful God who holds the whole world in His hands. But. I sometimes want to wrestle control from Him. I'd rather trust myself when I don't perceive His movement. When I don't recognize what He is doing and how He is doing it. Psalm 131 is short, simple, and gentle. The psalmist compares his soul to a weaned child—content, quiet, secure. This is a picture of spiritual maturity that doesn't strive or grasp. One that actually recognizes the role of God and whose heart allows Him to rule. To be Lord.

Our culture rewards loud opinions, instant reactions, and constant output. Our social media and comment sections of news

articles asks us to be god!!! This Psalm invites us to a different posture: humility, calm, and trust. Silence isn't passive—it's deeply formational.

#### Reflection Questions:

- Where do you feel pressure to prove yourself or stay loud?
- What would it look like to quiet your soul today?
- How does humility create space for God's presence?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

## Day 4

### *God Sees You in the Quiet*

Psalm to Read: Psalm 23

Ok. So how did you do with this Psalm? Did you skim it? Since you're likely familiar with it... or did you allow your mind and pace to slow down enough to let it engulf you? Psalm 23 is familiar—but don't rush it. God leads us beside *quiet waters*. He restores our souls not through urgency, but through presence. The Shepherd doesn't shout. He guides.

Silence and solitude remind us that we are cared for even when no one is watching, posting, or applauding. God meets us in hidden places and restores us there. But we might not perceive this if we skim through the familiar. If we forget to allow ourselves to sit in intellectually familiar truths.

#### Reflection Questions:

- Where do you feel most hurried or drained?
- What does "quiet waters" look like in your life right now?
- How does knowing God is with you change your posture?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

## Day 5

### *Searching God, Not Scrolling*

Psalm to Read: Psalm 63:1-8

Not many of us have ever truly been hungry. Not many of us have known the *need* for water. As if our lives depended on it. Psalm 63 was written in the wilderness—a place of quiet, lack, and dependence. David's desire isn't comfort or distraction, but God Himself: *"My soul thirsts for you."* As He understands physical thirst. As He feels His need for water- He relates that to His need for God to restore and sustain His soul.

Modern conveniences can easily become the things that satisfy us. Fancy drinks and food often become our cravings rather than the daily bread that our Lord wants us to depend on Him for. For many, modern world conveniences (which in and of themselves are good) have replaced dependence on God. And therefore our experience of God. We often treat boredom or restlessness as problems to solve instead of invitations to pray; to enter into the Lord's presence. Silence exposes what we thirst for. The question for you to reflect on today is- what do you reach for to quench your thirst? What do you reach for in the silence?

#### **Reflection Questions:**

- What do you reach for when you feel bored or restless?
- What might your restlessness be revealing?
- How can you seek God instead of numbing the moment?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

## Day 6

### *God Hears the Quiet Cry*

Psalm to Read: Psalm 28:1-2

A few years back, I went through a medical challenge that kept me from thinking clearly. From articulating what I am (ridiculously :) good at stating and I found myself unable to even pray. I was unable to read through more than a single Bible verse. And I certainly didn't know how to properly understand or explain the verse (as a pastor, this was a scary few months). And my prayers were that of an infant.

Not all prayer is loud or articulate. Sometimes prayer is simply a quiet cry for help. Psalm 28 reminds us that God hears even when words are few. Silence doesn't mean absence. Solitude doesn't mean abandonment. God listens closely—even when we're not sure what to say.

#### **Reflection Questions:**

- What quiet prayers have you been carrying?
- Where do you feel unheard right now?
- How does this Psalm encourage you to bring even small prayers to God?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world

## Day 7

### *Dwelling with God*

Psalm to Read: Psalm 27:1-6

It is typically easy to focus on the negative that is going on around you. The challenges of relationships. The problem at work. That latest bill that you weren't expecting. All of these things can surround us in a way that it seems like the world is at war with us!!!

But in the midst of the literal enemies surrounding David, his deepest desire isn't answers, victory, or clarity. David craves God's *presence*. To dwell with God. To gaze upon Him. This is the heart of silence and solitude. And this is why the Bible refers to David as a man after God's own heart. Modern life trains us to skim and move on. God invites us to stay in his presence. To dwell. To remain. Silence isn't about doing less—it's about being with God more.

#### **Reflection Questions:**

- What competes most with your attention?
- What would it look like to "dwell" with God this week?
- How might silence become a regular rhythm instead of a rare event?

Close in prayer for your 1) self; 2) inner circle; 3) church; 4) world