



**fight
hustle,
end
hurry**



FIVE DAYS OF SILENCE AND SOLITUDE

- **Day 1:** “**10** Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” **11** The Lord of hosts is with us; the God of Jacob is our fortress,” - Psalm 46:10-11 (ESV).
- **Day 2:** “**4** Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. **5** I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing,” - John 15:4-5 (ESV).
- **Day 3:** “**22** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, **23** gentleness, self-control; against such things there is no law,” - Galatians 5:22-23 (ESV).
- **Day 4:** “**5** For God alone, O my soul, wait in silence, for my hope is from him. **6** He only is my rock and my salvation, my fortress; I shall not be shaken. **7** On God rests my salvation and my glory; my mighty rock, my refuge is God. **8** Trust in him at all times, O people; pour out your heart before him; God is a refuge for us,” - Psalm 62:5-8 (ESV).
- **Day 5:** “**6** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, **7** casting all your anxieties on Him, because he cares for you,” - 1 Peter 5:6-7 (ESV).

The following pages contain a five-day guide to help you practice silence and solitude.

As we seek to overcome the problem of hurry, take some time every day this week to get alone, open your Bible, and spend time with your Heavenly Father.

As you do this, our prayer is that you'd be able to slow down... refocus... reset... and experience the same type of spiritual and emotional health that Jesus did while He was on this earth.

- Pastor Jacob

HOW TO USE THIS GUIDE

In order to get the most out of this guide, I want to encourage you to decide on, and implement, the following:

1.) TIME

Determine a set time - every day - you're going to sit down and do this. Put it on your calendar or set an alarm if you have to.

If you just expect this to happen or find yourself saying, "I'll just squeeze it in when I have a free moment," you won't. Trust me; I've been there.

2.) PLACE

Nailing down a *place* to work through this guide is just as important.

Remember: the goal is to get alone - in a quiet place - with God.

Whether it's your back porch early in the morning, your car during the lunch break, or your living room during your kid's nap time, a consistent *place* will help you achieve and further develop this habit in the future.

3.) PLAN

For the next five days, you'll be using this guide as your "plan" - but I want you to think long-term.

What plan are you going to read and reflect on once these five days are up? Go ahead and identify this. I promise it will set you up to win!

**If you're needing help or don't know where to start, I'd encourage you to download the [*YouVersion Bible App*](#). They have thousands of plans that you can choose from based on your age, stage of life, interests, struggles, etc.,

4.) PRAYER

Part of prayer is *talking* to God, but I want to also encourage you to *listen* to God during this time. What is God telling you about Himself? What is God wanting you to know? What is God wanting you to do?

Be sure to ask these questions and, just as importantly, LISTEN for God's response!

Day 2 - John 15:4-5

“4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

Author and motivational speaker Jim Rohn once said, “you are the average of the top five people you spend the most time with.”

Think about that: for better or for worse, your life and legacy will be influenced by the leaders, coaches, employees, friends, and people you spend the most time with (some of you are having an existential crisis right now - it’s okay, just keep reading!).

What Jim is teaching us is this: The more you spend time with someone, the more you become like them.

However, just as this is true in our lives when it comes to people, this is also true in our faith when it comes to Jesus.

In fact, listen to the words Jesus said in John 15:4-5: “4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

As you spend time with Jesus today, consider the following:

1. Looking at your life, who would you say influences you the most? Do they influence you in a positive or negative way?
2. What does it mean that Jesus is the “vine” and we are the “branches”?
3. How does spending time (abiding) with Jesus help us become more like Jesus?