



**fight  
hustle,  
end  
hurry**



# FIVE DAYS OF SILENCE AND SOLITUDE

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- **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).

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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

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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 1 - Psalm 46:10-11

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**“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.”**

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We live in a world that’s full of noise.

Alarms from our phones wake us up from sleep; news cycles on our televisions run 24/7; radios, traffic, and construction crews fill our morning commute; kids, co-workers, and spouses constantly demand our attention; it never seems to end.

And in the midst of all the noise, the Bible gives us these simple, yet powerful words: “Be still, and know that I am God.”

Let that sit for a minute: Be still...

Stop... Breathe... Clear your mind... Be silent...

and *know* that He is God.

Know that He’s in control... Know that He keeps His promises... Know that He goes before you... Know that He fights for you... Know that He works all things for the good of you... Know that He has a great plan and purpose for you... Know that He loves you... Know that He’s not forgotten you.

How would your day be different if you stopped and did this? How would your *life and relationships* be different if you stopped and did this?

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

1. Do you find it easy or hard to be still? Why or why not?
2. How does *knowing* God affect what we are *doing* in our lives?
3. What is God speaking to you as you read the verses listed above?