



**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 4 - Psalm 62:5-8

“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.”

Do you find it hard to depend on others? Do you find yourself, rather than asking for help from a friend, co-worker, or spouse, always wanting to do things yourself?

I know I have. More than I care to admit.

Can I tell you *why* depending on others is hard for us? Get ready, this may sting a little bit: We have a trust problem.

We're afraid people are going to let us down... We're afraid people won't do things as well as we will... We're afraid people won't follow through with their commitments... so in life - and even in our faith - we strive to be *independent* instead of *dependent*.

However, in Psalm 62, David encourages us to “trust in [God] at all times.” More than that, he tells us *why*. He states that God is our hope... rock... salvation... fortress... and refuge.

What David's saying is this: You can trust God because He is *trustworthy*. He will never let you down. He will always follow through. He will never leave you. He will never forsake you. And He will always be there with you.

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

1. Why is trusting others - and even trusting God - hard for you?
2. What aspect of God's character (hope, rock, salvation, fortress, refuge) did you need to hear the most today? Why?
3. What's an area of your life you're not trusting God in right now? Confess it to Him and spend time on this with Him in prayer!