

Week Four

Silence and Solitude: Slowing Our Pace

Memory Verse:

The Lord is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the Lord.

Lamentations 3:25-26

Word for the Week:

Quiet

“Following Christ’s example of silence and solitude prepares us to hear God’s “noiseless voice” as He ministers the gifts of rest, clarity, and peace...”

Spiritual Rest and replenishment is something that we need to seek out. To carve it out of our busy schedule takes energy and planning. To secure a daily time of seclusion with the Lord seems to almost be impossibility this day and age. Let’s talk about how we can make this spiritual discipline a part of our daily walk with God.

Homework Review:

1. Recite your memory verse
2. Fill out new prayer cards, any answers?
3. Share about your newly uncluttered space

This Week’s Homework:

1. Do the lesson
2. Memorize your weekly verse
3. Choose a specific time to practice the discipline of silence