

- Solitude is often a place of conversion—repentance and change.
- Many Christians have affirmed that solitude with God is the beginning of compassion.
- In solitude, one can establish priorities by sorting out the urgent and the important. If urgency and importance are two axes in life, four things may be true of any given item. In ascending order of priority, the item may be (1) not urgent and not important, (2) urgent but not important, (3) important but not urgent, or (4) both important and urgent.

SILENCE

- Silence provides the opportunity to listen to God.
- Silence carries with it the mark of solitude
- Silence often feels like a loss of control
- Silence may strengthen our thoughts and words
- Silence may keep us from sin
- Silence is ultimately a matter of the heart more than a matter of surroundings.

FASTING

- Fasting provides a way to express sorrow.
- Fasting is a times a sign of repentance.
- Fasting may be used to make a request from God.
- Fasting works in our lives to reveal what controls us.
- Fasting may prepare for suffering.

PRAYER

- Prayer without ceasing empowers prayer with ceasing.
- The great biblical model of prayer is the Psalms, although other prayers of the Old Testament are also powerful and worthy of study and imitation.
- The model prayer which Jesus taught his disciples (Matt. 6 and parallels) is valuable for understanding the nature of prayer and things which should be included.
- Jesus' high priestly prayer in John 17 demonstrates the nature of intimate relationship and pleading.

JOURNALING

- Journaling is between you and God.
- Journaling provides a record and helps us remember.
- Journaling helps clarify thoughts and helps us process that which has occurred.

For Further Reading

Roberta Bondi. *To Love as God Loves*.

Thomas Merton. *Bread in the Wilderness*.

William Law. *A Serious Call to a Devout and Holy Life*.