

Solitude Reflection

"When solitude meets solitude community occurs." Henri Nouwen

Ask the Holy Spirit to guide you in this time of reflection. Read and meditate on Isaiah 55, Psalm 19, 42.

- Reflect: Is there anything you desire to celebrate? Anything you need to grieve? Anything you need to let go of that you're fixated on?
- Confess: Enter into a time of asking the Holy Spirit to guide you into any places of confession that you need to confess in order to create freedom. After you have walked through that process, ask God to guide you into a place of processing this upcoming year.
- Receive: The triune God promises us in Scripture, that we will never be forsaken. Invite them into your space so that you may receive the mercy and joy that is a part of each new day.

Quotes & Verses:

"Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen." Phyllis A. Tickle

"Progress will be measured, less by ground covered more by the amount of room God is given to maneuver. 'Space' & 'emptiness' are key words, or as St. John of the Cross puts it, nada." Father Iain Matthew

"For in six days the LORD made the heavens and the earth, the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath day and made it holy." Exodus 20v11

"The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, and He refreshes my soul. He guides me along the right paths for his name's sake." Psalm 23v1-3

"It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems." Thich Nhat Hanh

"Do I love God? To love God is to trust God, to choose God, and to choose God's way to peace and wholeness." Lisa Sharon Harper

"To be a lover of Truth you must be a lover of silence" Thomas Merton

"The higher goal of spiritual living is not to amass a wealth of information, but to face sacred moments...we must not forget that it is not a thing that lends significance to a moment; it is the moment that lends significance to things" Abraham Joshua Heschel

1. Journal.

Spend time externalizing your thoughts. Use this time to make a list of the triumphs of the past few weeks. Write out hopes that you have for this upcoming year. Write out fears that you have as you start this year.

2. Identify what you can and cannot control.

Getting clear also includes focusing on what you can and cannot control. Think on these things, "I think about precisely what I'm concerned about [and] then ask myself if I have any control over it. If the answer is no – and it often is – I let it go. If the answer is yes, then I do what I can and move on."

3. Participate in gentle movement.

According to Guest-Jelley, gentle movement can help to "release any pent-up energy we may be carrying." People tend to think that unwinding means being sedentary but actual unwinding often comes from doing something active and releasing the stress and anxiety that we may have built up over the week.

The Lord's Prayer with Scripture

"The God who made the world and everything in it is the Lord of heaven and earth." Acts 17:24

Our Father who art in heaven;

"Praise the Lord, O my soul; all my inmost being, praise His holy name." Psalm 103:1

Hallowed be Thy name.

"The Lord has established His throne in heaven, and His kingdom rules over all." Psalm 103:19

Thy Kingdom come.

"We know that in all things God works for the good of those who love Him, who have been called according to His purpose." Romans 8:28

Thy will be done on earth as it is in heaven.

"The eyes of all look to You, and You give them their food at the proper time. You open Your hand and satisfy the desires of every living thing." Psalm 145:15-16

Give us this day our daily bread.

"You are kind, God! Please have pity on me. You are always merciful! Please wipe away my sins. Wash me clean from all of my sin and guilt." Psalm 51:1-2

And forgive us our trespasses as we forgive those who trespass against us.

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." Mark 14:38

And Lead us not into temptation.

"The Lord is faithful, and He will strengthen and protect you from the evil one." II Thessalonians 3:3

But deliver us from evil

"I pray that honor and glory will always be given to the only God, who lives forever and is the invisible and eternal King!" I Timothy 1:17

For Thine is the kingdom and power and the glory forever and ever.

"Amen. So be it." Numbers 5:22

Amen.

Additional Resources:

[Displaced worship: exodus, exile or diaspora?](#) (The Wesleyan Church)

[Building Stamina for the Pandemic](#) (Psychology Today)

Feel free to contact to set up a Zoom call for spiritual direction or resources

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