



## SOLITUDE & SILENCE DAY

*"He calls his own sheep by name and leads them out . . .  
and his sheep follow him because they know his voice." — John 10:3,4*

### 1. Solitude & Silence: Create a Deliberate Space for God.

1. Set aside at least 2-3 hours of solitude and silence to just listen to God.
2. Go to a park, a library, a beach, or your favorite place... and listen to God's voice on this single question:  
*"Lord, what do You desire to see in my life?"*
3. The key principle to remember during solitude and silence: **BE ACTIVELY PASSIVE.**
  - Don't be *merely active* by constant reading, writing or doing things to keep yourself busy.
  - Don't be *merely passive* by daydreaming or falling asleep.
  - Do remember to be silent and passive; but be *actively passive* by intently listening to God. This is a time for solitude *before* God.

### 2. Stop the Hurried Mind. Be Still. Listen. Discern.

1. Persevere until external and internal noises finally quiet down before the Spirit of God.
2. Give up your agenda and ask God to speak to you about anything.  
Listen through asking this single question in different angles: *"Lord, what do You desire to see in my life?"*
  - *"is there anything that would please you?"*
  - *"Is there anything in me that displeases you?"*
  - *"Is there anything that You desire me to see (which I am not aware of)?"*

### 3. Top 10 List: Make Decisions for the Next 3 Months.\*

1. Towards the end of your solitude and silence, jot down things that you want to see in your daily life. From this list, pick 10 most wanted items that you need to work on for the next three months.
2. Leave # 1 for daily solitude with God [Quiet Time] as the ultimate "top priority" of your life.
3. However, feel free to organize the rest of them in any order. The rest is not in the order of importance.
4. **Start with a verb** on each item--This will help you to think in concrete terms of action. Keep the **MAPS** principles in mind—**M**easurable, **A**ttainable, **P**ractical and **S**pecific.
5. Keep your sentences simple. Although defining your goals "operationally" is needed, do not have sub-goals or several sentences within each goal.
6. Think **"God-Centeredness"** in all areas of life—i.e., ask "What does God desire to see in...?"
  - Physical life: *how I take care of my body*; Intellectual life: *how I take care of my mind*
  - Relational life: *how I deal with my family/friends*; Financial life: *how I manage my money*
  - Vocational life: *how, where, and why I do my job*; Recreational life: *how I rest, manage leisure*
  - Spiritual rhythms: *how I discipline myself for the rhythms of the spiritual life*
  - Spiritual direction: *how I follow the direction and leading of the Spirit of God*
7. Include character building.
8. Pray upon the list and share it with a few friends. Evaluate and revise your Top 10 List quarterly. Refocus on the items that didn't work well and refine measurable ways to work on it. Include a few new items in your quarterly focus and delete a few items in the past quarter's focus.

### 4. Accountability: Seek vertical & horizontal accountability.

1. It is very helpful and wise to have accountability both vertically and horizontally.
2. **Vertical Accountability:** Write to God about your decisions in your spiritual journal.
3. **Horizontal Accountability:** Share your decisions of your Top 10 List as well as your spiritual direction statement of the year with a friend (or two) who can hold you accountable throughout the quarter/year.

\* For further resource, see Top 10 List Guidelines at CrossWay Church website resources page: <http://www.crosswayoc.org/index.php/resources/>.