

“Solitude is the one place where we can gain freedom from the forces of society that will otherwise relentlessly mold us.”

-John Ortberg

What should I do during solitude? _____

Letting go of all that hinders intimate connection with God is the most _____ thing I can do.



Slowing

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Mt 11:28-30)

We wear _____ as a badge of honor.

“_____ sickness”: a malaise in which a person feels chronically short of time, and so tends to perform every task faster and to get flustered when encountering any kind of delay.

Why we Run:

- _____.
- To get things _____.
- To _____ people.
- We don't know how to _____.

Two side-effects of hurry:

1. _____
2. Inability to _____.

The Practice of Slowing

To "slow" is to learn to cultivate a slower pace of life and less _____ mind.

The purpose is to create the space and capacity to _____ with _____.

We are training ourselves to live at the speed of _____.

Practice this week: (Focus Book page 16)

- Set aside up to an hour for solitude
- Evaluate your schedule.
- Make a plan for slowing.

Remember:

- Slowing is not just about the _____, but the _____ of life.
- Practice _____: schedule the most important things first.
- Leave _____.

Practice in the Long-Term

"Remember the _____ day and keep it holy." (Ex 20:8)

The Purpose:

1. _____ God.
2. _____.

Schedule _____ times of solitude:

- Daily (a few minutes)
- Monthly (a half or full day)
- Yearly (a personal retreat)