

“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)