

**This morning, we turn our focus to the
Spiritual Rhythms of Solitude and Silence.**



For many the noise is deafening.



For many the silence is frightening.




**Don't worry, we will explore
this rhythm together.**





SOLITUDE + SILENCE



**Quiet moments with the Father
help us to know Him and empower us
through a chaotic world.**

MATTHEW 11:28 NIV

Come to me, all you who are weary and burdened, and I will give you rest.

SILENCE



More than being quiet but
rather holy listening and
quieting my requests

SOLITUDE



More than just
being alone but
with God



Reconnect with His Beauty, Goodness and Truth



HEBREWS 4:12 NIV

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

PSALM 46:10-11 NIV

He says, “Be still, and **know** that I am God; I will be exalted among the nations, I will be exalted in the earth.” ¹² The LORD Almighty is with us; the God of Jacob is our **fortress**.

GOODNESS & TRUTH
TRUTH
BEAUTY AND TRUTH

MATTHEW 4 NIV

v.4 “Man shall not live on bread alone...”

v.7 “Do not put the Lord your God to the test.”

v.10 “Worship the Lord your God, and serve him only.”

GOODNESS & TRUTH

TRUTH

BEAUTY AND TRUTH



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MARK 6:31b NIV


...“Come with me by yourselves to a quiet place and get some rest.”

PRACTICE
NEW RHYTHMS

Reconnect with his beauty, goodness and truth.

Start slow and small.

- **What do you hear, see, feel?**
- **What noises can you control?**



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