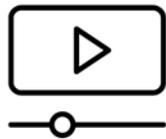


Silence + Solitude

HOW TO GET STARTED.



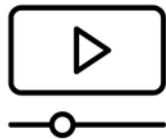
Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”
(Matthew 11:28-30, *the Message*)

To follow Jesus is to be **with Him**, to **become like Him**, and to **do what He did**. This is the vision for discipleship for everyone at Doxa, and our hope for the whole world! We are invited into the presence of our Father through our Savior, Jesus Christ. As we abide in Him, we will become like Him, formed more and more into the image of Jesus. And as we are formed into His image, we will actually find our true selves. As Jesus said, “Whoever loses his life for my sake will find it.” And only when we abide in Jesus and become more like Him will we actually be able to do things He’s called us to do.

Simply stated, “Spiritual Formation,” is how we are formed more and more into the image of Jesus. It is all God’s work and His grace, yet He uses the means of our obedience and participation in specific practices to form us. Practices like Scripture reading, prayer, solitude, and sabbath. Just as an Olympian doesn’t become a world record-setting sprinter overnight, but instead through years of training and preparation; so also we won’t become like Jesus in an instant, but through the God-given means of specific practices. The very same practices Jesus engaged in when He walked this earth! And, **we don’t engage in these formative practices to earn God’s favor**; rather, His grace fuels us as we engage these practices.

Silence + Solitude

HOW TO GET STARTED.



God is inviting us to “make our home” with Him. We’re invited to abide with Him, and as we abide to become more like Jesus and find our true selves. Are you tired? Worn out? Join us in coming to Jesus this year and let’s learn the “unforced rhythms of grace.”

HOW TO USE THESE GUIDES

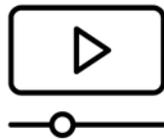
God has designed us to be formed in the context of community, not just on our own. So, we’ve designed these guides to be used in your missional community, on your own, and in your DNA group. If you are not part of a missional community or DNA group, we hope you will still use this guide and benefit through considering the material and questions, engaging the practices, and reflecting on your experiences. Additionally, we recommend you think of a few people with whom you can talk about what you’re learning.

We would also love to help you find community. If you’re new to Doxa, join us at Doxa 101 or if you’re looking to get reconnected into a Missional Community or for help starting a DNA group, join us for Doxa 301.

Upcoming dates and details can be found at:
doxa-church.com/connect

Silence + Solitude

HOW TO GET STARTED.



Part 1: Silence & Solitude: What and Why?

Part 2: The Noise

Part 3: Scripture in Silence & Solitude / Lectio Divina

Part 4: Hearing God in Silence & Solitude / Listening Prayer

Part 5: Engaging in Extended Silence & Solitude

HOW TO ENGAGE WITH THIS PRACTICE

Learn Together through a Sermon

We will start each quarter learning together in our Sunday gathering about a spiritual formation practice. This sermon sets the foundation and if you miss it, please take time to watch or listen. It will be available on the app and website.

Missional Community Discussion

Using the Solitude & Silence Guide, you will work through five parts over the quarter to help you learn about this practice in more depth with your community. Just follow the prompts. Start here before jumping into the individual practices.

Individual Practices

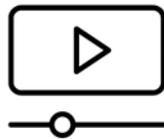
After discussing the practice with your Missional Community, you're invited to try exercises on your own to help you engage in Silence & Solitude. Don't worry about getting it right or being perfect, just try to work through the practice and take note of what was hard, what you enjoyed, and what God was teaching you. You will then reflect on this with your DNA group.

DNA Group Reflection

After you have experienced these practices yourself, your DNA group will meet to reflect on this experience and what God is teaching you through the process. Use the provided questions to guide your DNA conversation, but feel free to let the conversation go beyond these.

Silence + Solitude

HOW TO GET STARTED.



A FEW RECOMMENDED BOOKS/RESOURCES:

In addition to this guide, there are a few books we recommend for anyone wanting to learn more on this topic.

On Spiritual Formation & Spiritual Disciplines:

Invitation to a Journey by M. Robert Mulholland Jr.
The Spirit of the Disciplines by Dallas Willard
Celebration of Discipline by Richard Foster
The Ruthless Elimination of Hurry by John Mark Comer

On Silence & Solitude:

Invitation to Solitude and Silence by Ruth Haley Barton