SILENCE & STILLNESS GUIDELINES

The Lord will fight for you; you need only to be still. Ex 14:14

• Sit down and take a few deep breaths to settle into the silence.

• Choose a very simple prayer to express your openness and desire for God. (e.g. Abba, Father, Holy Spirit, Jesus, Here I am Lord)

• Close your eyes and offer this prayer to Jesus, allowing His will and love full access in your life.

• When you become distracted, offer again your simple prayer back to God.
CREATING A RHYTHM IN YOUR DAY

- **Morning Prayer**: 6:00am - 9:00am
- **Afternoon Prayer**: 11:00am - 2:00pm
- **Evening Prayer**: 5:00pm - 8:00pm
- **Compline**: Just before going to bed/sleep

**DURING OUR TIME OF SILENCE/STILLNESS:**

- We receive His love
- We let go, surrendering our will to His will
- We open ourselves to hear God speak