

# How to Un-Hurry

## Silence & Solitude

“Jesus often withdrew to lonely places and prayed.”  
Luke 5:16. Jesus models for us the importance of stepping away from noise, our to-do list, and to connect with God. We make space to come home to God and his love.

### Some simple ways to practice silence and solitude:

- Pick a time and place where you can be alone and as free from distraction as possible.
- Start small – can you sit in silence with God for 10 minutes?
- When you get distracted by your thoughts, don't quit. Turn your focus back to God each time.
- Use a breath prayer: As you breathe in, “I am still.” Breathe out, “I know you are God.”
- Read a passage of Scripture (like Psalm 23) several times slowly. Pause and meditate on the words or phrases that stand out to you in between.
- Look back over the last 24 hours with God. Ask him to show you what to notice with gratitude and where you need to ask for his grace.
- Plan a half day or full day to be alone with God. Disconnect from your phone, take a long walk, spend time journaling or reading.
- Don't worry too much if you're doing it right or not. It takes time to slow down and be still.

(Adapted from [johnmarkcomer.com/howtounhurry](http://johnmarkcomer.com/howtounhurry))

### More resources:

App: Lectio365 – Daily prayer reflections

Book: *Invitation to Solitude and Silence* – Ruth Haley Barton

RightNow Media Video Series: “Be Still: A Simple Guide to Quiet Times”