

HOMEGROWN DISCIPLESHIP

SOLITUDE

GUIDE



PART ONE

FOCUS AND ATTENTION

Take a walk, ride a bike, or sit on your porch, but in your own way, enjoy the beauty of what God has created. As you admire His creation, adore Him for His provision, for His imagination and for the excellence of His creation. Clear your mind and prepare your heart for what God is going to do in you!

PART TWO

GOD'S WORD AND HIS TRUTH

Open your Bible and let God's Word fill your heart. Take time to read through John 17 and Psalms 23 and 46. Let these chapters be a starting point, but allow God to take you on a journey in Scripture. Seek to understand and spend time intentionally letting God's Word fill your heart.



PART THREE

PRAYER, LISTENING, AND WORSHIP

As you pray, use the ACTS prayer model (Adoration, Confession, Thanksgiving, and Supplication) to speak to your Father. Take time to listen and practice intentional silence between each section. Ask God to show you where there might be distance between you and Him.



PART FOUR

JOURNAL AND GRATITUDE

It is our hope that God has done something special in you during this intentional time of solitude. Take time to write down your feelings, write out a prayer, or anything else that God might be sharing with you. End by thanking Him and showing Him gratitude for being present and near.

