



Practical Ideas for Application

Solitude: The practice of intentionally creating time and space in our lives to be alone with God, in silence, for the purpose of inner fulfillment. Our inner fulfillment then, impacts how we see those around us.

Ideas for the week:

- Take advantage of the little "solitude moments" in your day: before you get out of bed, during your cup of coffee in the morning or during a traffic jam
- Create a space for silence and solitude in your home. It could be a little corner, a closet or a chair and spend time there as often as possible.

Meditate on these passages: Matthew 4:1-11 and Luke 6:12.
Write down what God may tell you during these times!