

A Practical Guide to a Day of Silence & Solitude

By John Ortberg

If you're new to taking an entire day alone with God, use the following as a guide.

(Adapted from John Ortberg: *"How To Spend A Day Alone"*, Christianity Today, 1998.)

- **Evening Before** - Prepare your heart and get a good night sleep.
- **Morning Of** - Limit your exposure to noise and restrict your conversation with others as much as possible.
- **What To Bring** - A Bible, journal, and a pen.
- **9:00a - 10:00a** - Prepare your mind and heart. Take a walk or do whatever will help you set aside concerns over other tasks. Write down tasks or worries that come to mind so you can focus your day on Jesus.
- **10:00a - 11:00a** - Read and meditate on Scripture, taking the time to stop and reflect on what God might be speaking to you.
- **11:00a - 12:00p** - Journal your responses, thoughts, and feelings about what you've read in God's Word.
- **12:00p - 1:30p** - Eat lunch and walk; reflecting on the morning. Process the condition of your soul. You may also want to consider fasting on this day.
- **1:30p - 2:00p** - Rest, worship, or take a nap.
- **2:00p - 3:00p** - Ask God to speak into specific areas of your life. How might God want to inform and shape the direction of these areas?
- **3:00p - 4:00p** - Write down any action steps or other thoughts you have in a journal. You may want to do this in the form of a prayer.
- **Evening** - As much as possible, make a slow transition back into noise and tasks. Share about your day with your spouse and/or PIES people.