

\*(This document contains only the Recommended Resources mentioned in the sermon.)

# MAKING SPACE FOR GOD

*Resource Page | Sunday, July 29, 2018*

*"All the unhappiness of men arises from one simple fact: that they cannot sit quietly in their chamber."*

*~Blaise Pascal*

## **Tips for Practicing Silence and Solitude:**

- Schedule solitude and silence 3 times a day for at least 5 minutes
- Incorporate centering prayer into your time of solitude and silence:
- Lord Jesus/have mercy on me
- The LORD is my shepherd/I lack nothing
- Be still/You are God
- Ask yourself: How have I been wanting to be with God?  
How has God been wanting to be with me?
- Seek to lower your noise pollution
- Limit the voices in your world
- Create tech-free spaces
- Close your office or bedroom door
- Extroverts also need solitude and silence
- Try an extended time of solitude and silence
- Take it slow and journey with others

## **Recommended Resources:**

*Sacred Rhythms* by Ruth Haley Barton

*The Life You've Always Wanted* by John Ortberg

*The Spirit of the Disciplines* by Dallas Willard