**Silence & Solitude:**

Silence and solitude are one of the best ways to hear from and go deeper with God. It requires nothing but a time and place to be alone with God. It can be as short as half an hour in your day or as long as a week at a retreat center. In solitude, we are alone in God’s presence and in silence we can hear the “still small voice” of God with no distractions. Jesus retreated into solitude and silence often, so we know this is a model for experiencing deep connection to God. In my retreats I will always make space for a time of solitude and silence. I have found it to be the most formative and important of the disciplines listed here. Contact me with questions or for more information about how to make a silence and solitude retreat.

“The invitation to solitude and silence is just that. It is an invitation to enter more deeply into the intimacy of relationship with the One who waits just outside the noise and busyness of our lives. It is an invitation to communication and communion with the One who is always present even when our awareness has been dulled by distraction. It is an invitation to the adventure of spiritual transformation in the deepest place of our being, and adventure that will result in greater freedoms and authenticity and surrender to God than we have yet experienced.”—Ruth Haley Barton, Invitation to Solitude and Silence

**Books:**

* *Invitation to Solitude and Silence, Experiencing God’s Transforming Presence* by Ruth Haley Barton