

## Why Stillness?

- Re-read Mark 6 and notice how Jesus emphasizes solitude and rest to his disciples.
- Why do you believe Jesus would not let go of the idea of rest for his disciples?

## Practicing Solitude, Stillness and Silence

- Begin with three deep breathes and 5 minutes of silence.
  - Often times people will use a breath prayer to help them focus. Many use the Jesus Prayer: first part is spoken as you breathe inward... “Lord Jesus Christ, Son of David...” and the second part is spoken as you breathe out... “Have mercy on me, a sinner.”
  - Settle into a comfortable position in your body and sit quietly, breathing deeply, becoming aware of God’s presence with you and your desire to be present before and with God.
  - Sit with what comes to your awareness. Is it a particular joy? A loss...something you’re grieving? A question that is stirring? An emotion that needs expressed?
  - Don’t try and do anything with what comes to mind. Just be with it in the presence of God. Feel the difference between trying to fix it and resting with it. Breathe deeply, returning to your breath prayer as often as needed.
- *Reflect on your time in stillness. How did it feel for you to be quiet with God?*
- *What seemed to hinder your attempts to honor the stillness and silence? How can you do better?*
- *What are your plans for becoming more intentional about creating this sacred space in your daily routine?*

# Sacred Space

## Extended Resource #1 - Stillness



**Sermon Series by Micah Hobbs**

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