



Silence, solitude, and meditation help us to **be aware of the God who is always present with us**. They give us space to step away from the busyness of our lives and enter more deeply into a relationship with God.

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*There is a time to be **silent** and a time to speak. (Ecclesiastes 3:7)*

*“**Solitude** is more a state of mind and heart than it is a place. There is a solitude of the heart that can be maintained at all times. Crowds, or the lack of them, have little to do with this inward attentiveness.” —Richard Foster, Celebration of Discipline*

*Two Hebrew words (*hāgâ* and *śîah*) are used in the Old Testament to convey the concept of **meditation**. In each instance, these words can be interpreted as an act of reflecting on the Word of God or an act of worship.*

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Try it for yourself.

1. Start by finding a time and space where you can be comfortable and uninterrupted.
2. Read through each of these verses three to four times, and be sure to read the surrounding verses to understand the verse in its proper context.
3. As you sit with each verse, reflect on the provided questions.



START HERE

The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. (Hebrews 1:3)

What words stand out to you? _____

What does this verse tell you about God? _____

What does this verse tell you about yourself? _____

What does this verse tell you about life? _____

What response does this verse elicit from you? How can you respond right now?

And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. (Acts 17:25)

What words stand out to you? _____

What does this verse tell you about God? _____

What does this verse tell you about yourself? _____

What does this verse tell you about life? _____

What response does this verse elicit from you? How can you respond right now?

So do not fear for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)

What words stand out to you? _____

What does this verse tell you about God? _____

What does this verse tell you about yourself? _____

What does this verse tell you about life? _____

What response does this verse elicit from you? How can you respond right now?