

SEASON 13 — EPISODE 7



Cultivating Silence and Solitude

GROUP QUESTIONS

1. What is real solitude?
2. What scares you most about silence?
3. Who in your life practices silence excellently? What can you learn from her/him?
4. What needs do you need to meet before you can enter into silence (childcare, rest, food, movement)?

JOURNAL QUESTIONS

1. What are the sources of interior and exterior noise in my life?
2. What forms of silence is God inviting me to?
3. Have I ever been wounded by silence? Have I ever been healed by silence?
4. Do I approach silence with fear or trust?

QUOTES TO PONDER

“Silence will heal the wounds inflicted by the endless words that swarm around us, exhaust us, tire us beyond all tiredness. We need silence in our noisy, work-filled life, as a child needs its mother’s milk. We need to be alone with God. We need to have a desert, be it only a corner of some apartment, some house, where we can go and rest with God. We need to follow him to some hill, to some garden where he himself also went to pray when he was tired and weary and distressed. We need silence in order to be able to listen to our brothers, to listen with the heart. We need silence to open our souls to our brothers, making an inn for the thousands who may be living in palatial homes but have no place to lay their burdens of loneliness. We need that silence to be able to speak a few words charged with our love, charged with Christ.”

— Catherine Doherty (Excerpted from *Welcome Pilgrim*, p. 10)

LECTIO DIVINA

“Go out and stand on the mountain before the Lord, for the Lord is about to pass by.” Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.”

— 1 Kings 19: 11-19