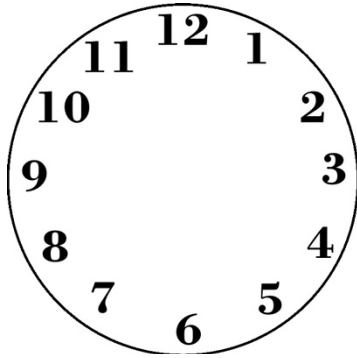


Life in the Fast Lane: Solitude & Slowing Down Refuel 2023

PART ONE: TAKING INVENTORY:



What Keeps Me Stressed &/or Busy:

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Cultural Reasons for Not Slowing Down: Self-worth, Social Status (Bellezza S, Paharia N, Keinan A.)
Other Reasons: Numbing, Technology & Attention Spans, Busyness, & “Tunneling” (*Harvard Business*)
Basil: “I have indeed left my life in the city, but I have not yet been able to leave myself behind...”
Transactional vs Formational View of God (Martha vs Mary)
Chinese Characters for Busy= “heart killing”

PART TWO: THE VALUE OF SOLITUDE

Solitude Defined (NIV Bible Commentary): “Absence of human activity so you can experience God’s presence”

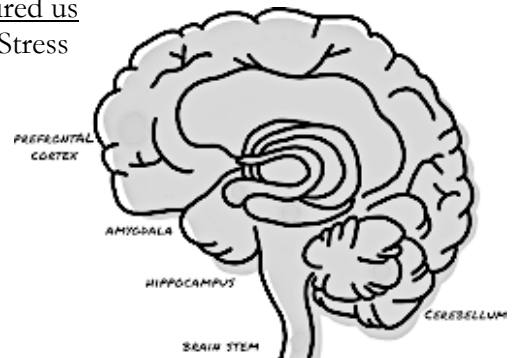
“Being Still, Being Loved, Being Known” (AJ Sherrill)

Biblical Examples

-Jesus in the Wilderness

How God has wired us

Brain Science & Stress



PART THREE: PRACTICING SOLITUDE

The Daily Examen

1. Become aware of God’s presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

Lectio Divina

1. Read
2. Reflect
3. Respond
4. Rest

Silence

Other Ideas:

Phone-Free Day

Schedule Two Hours with God into your calendar

Go on a walk & talk with God about what you see/experience

Draw out your ideal day (on a clock) & ask what it would take to move towards that

Take a responsibility off your plate

Try out Taize (singing prayer)