

# Revive Us

Individual Studies

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*Adapted from:*

*Revive Us: A Heart Ready for Revival*  
By Robby Gallaty

## **Silence and Solitude 3**

### *Spiritual Practices*

God continually pursues and revives you. He has forgiven you and brought reconciliation to your relationship with Him. He wants to engage with you and to take that relationship as deep as you'll let Him. However, you have to decide you want to engage with Him. One critical way to do this is by implementing spiritual practices in your daily life.

So far in this study, you've learned about practices, like silence and solitude, confession, repentance, fasting, and intercession. There are many more—Bible study, journaling, scripture memorization, generosity, community and Sabbath rest, to name a few.

### *Fifteen Minutes*

This week, increase your practice of silence and solitude to fifteen minutes per day. As you do, invite God to speak to you about the relationship between spiritual practices and revival in your life. Ask questions like: How should I fast? Who do I need to intercede for?

Use the blank pages provided to journal what God reveals to you.













