

Revive Us

Individual Studies

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Adapted from:

Revive Us: A Heart Ready for Revival
By Robby Gallaty

Silence and Solitude 1

Establishing a Rhythm

If you're going to look upward, inward, and outward to receive an outpouring of God's power in your life, you're going to have to spend some time in silence and solitude before Him. Being alone or quiet may not be a normal practice for you. But when you set aside the norm for a time, you can better engage with God and grow in relationship with Him.

Five Minutes

This week, get started in the spiritual practice of silence and solitude. In the weeks to come, you'll continue establishing that new rhythm as you increase your time.

1. **Determine a time you will commit to spend time alone with the Lord each day this week.** You must be intentional to seek moments of physical solitude and silence of heart.
2. **Find a place where you can spend that time in silence and solitude.** Jesus had to climb a mountain to find solitude. Find solitude somewhere in your life—you need this time, it's worth it.
3. **Read one verse to direct your thoughts to who God is, such as Psalm 46:10 or Psalm 62:5**
4. **Be silent before the Lord for five minutes.** Be quiet before God and invite Him to speak to your heart.
5. **At the end of that time, jot down the thoughts God impressed on you.**
6. **Repeat these steps each day this week.**

