

solitude

INTENTIONAL WITHDRAWAL FROM FELLOWSHIP WITH PEOPLE
FOR THE PURPOSE OF FOCUSED FELLOWSHIP WITH GOD
(MT. 11:28-30; MARK 1:35).

- WHEN WILL YOU PRACTICE THE DISCIPLINE OF SOLITUDE?
- HOW LONG WILL YOU BE IN SOLITUDE?
- WHAT WILL YOU DO DURING YOUR TIME OF SOLITUDE?

PRAY, READ SCRIPTURE, WALK, JOURNAL, READ A BOOK SUCH AS:
SPIRITUAL DISCIPLINES FOR THE CHRISTIAN LIFE BY DONALD WHITNEY OR
CELEBRATION OF DISCIPLINE BY RICHARD FOSTER.

DEEPER
by doing less

Simplicity

THE INWARD FOCUS OF THE HEART THAT RESULTS IN THE FREEDOM TO BE FULLY PRESENT TO FELLOWSHIP WITH AND SERVE GOD AND PEOPLE (MT. 6:31-34).

- SEEK FIRST THE KINGDOM OF GOD. ELIMINATE WHATEVER CONFLICTS WITH THIS FOREMOST PRIORITY.
- REJECT ANYTHING THAT IS PRODUCING AN ADDICTION IN YOU.
- GIVE THINGS AWAY.
- LEARN TO ENJOY THINGS WITHOUT OWNING THEM.
- DEVELOP A DEEPER APPRECIATION FOR CREATION (PS. 24:1).
- BUY THINGS FOR THEIR USEFULNESS RATHER THAN THEIR STATUS.
- AVOID DEBT WHEREVER POSSIBLE.
- OBEY JESUS' INSTRUCTIONS ABOUT PLAIN, HONEST SPEECH (MT. 5:37)..

DEEPER *by doing less*

