

Soul Solitude is purpose designed to equip you with stillness before the God of heaven. Then you can receive heavens endless blessing. I need to stop to receive.

- He desires my **attention** before my **activity**
- He desires my **heart** before my **help**
- He desires my **head** before my **hands**
- He desires my **prayer** before my **profit**

Soul Solitude is for your benefit. Please allow flexibility in its use. You are not its slave. It is designed to equip your health not create an onerous habit.

You can choose how long you devote & when you sit. Obviously the longer you sit with the father & son, the more you will receive & the better you will know them. It is helpful to ask God to release you. He knows best when to stop, when He has finished encouraging.

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Soul Solitude



'Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a SOLITARY place, where He prayed'. Mk 1:35

In solitude God will deliver to you as required each day:

- **Soul Supply** – to build you up. Food is best taken at rest, in stillness.
- **Soul Surgery** – to reveal & remove hindrances to revive your spirit. Surgery must be done in stillness.

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PRAISE:

each day, *Ps 100:4*

- simply tell God how good He is Look at *Rev 4 & 5*

PRAYER:

for today,

- favour – thanks for blessings and answers - *Prov 3:5-6/ Col 2:6*
- family – bring your family to the Lord with thanks and requests *1 Tim 5:8*
- friends – pray for your friends rescue and wellbeing *Mk 12:31 /Mt 28:19-20*
- faith – bring those things to the Lord that you know you need to *Lk 15:21*
- future- offer yourself to The lord for His will *Lk 22:42*

PREPARE:

for today,

- Sit and in eager expectation and prayerfully select a passage
- Observations recorded (listen for God's voice)
- Apply how God would have you respond in daily living and thinking
- Prayer response to God's teachings for you

Expect to hear from your father in heaven! What healthy, loving and wise father would not want to speak to his son/daughter?

1. PRAISE

2. PRAYER

- Favor/thanks

- Family

- Friends

- Faith

- Future

3. PREPARE

Date:

Time:

Passage/Topic:

Sit & select scripture

Observations

Apply

Prayer

***Create a 'safe space' of solitude to receive, Jesus did!
Mk 1: 35 / Lk 5:16 & 6:12***