

SOUL CARE:

FINDING RHYTHMS OF PRAYER AND PEACE

Solitude, Prayer of Examen, Sabbath, Rhythms of Grace

PSALM 23



SIMPLE QUESTION: WHY PRAY?

"PRAYER IS A LITTLE LIKE THIS.
WITH SIMPLICITY OF HEART WE
ALLOW OURSELVES TO BE
GATHERED UP INTO THE ARMS OF
THE FATHER AND LET HIM SING HIS
LOVE SONG OVER US."

-RICHARD FOSTER

"A LONG LOVING LOOK AT THE REAL"

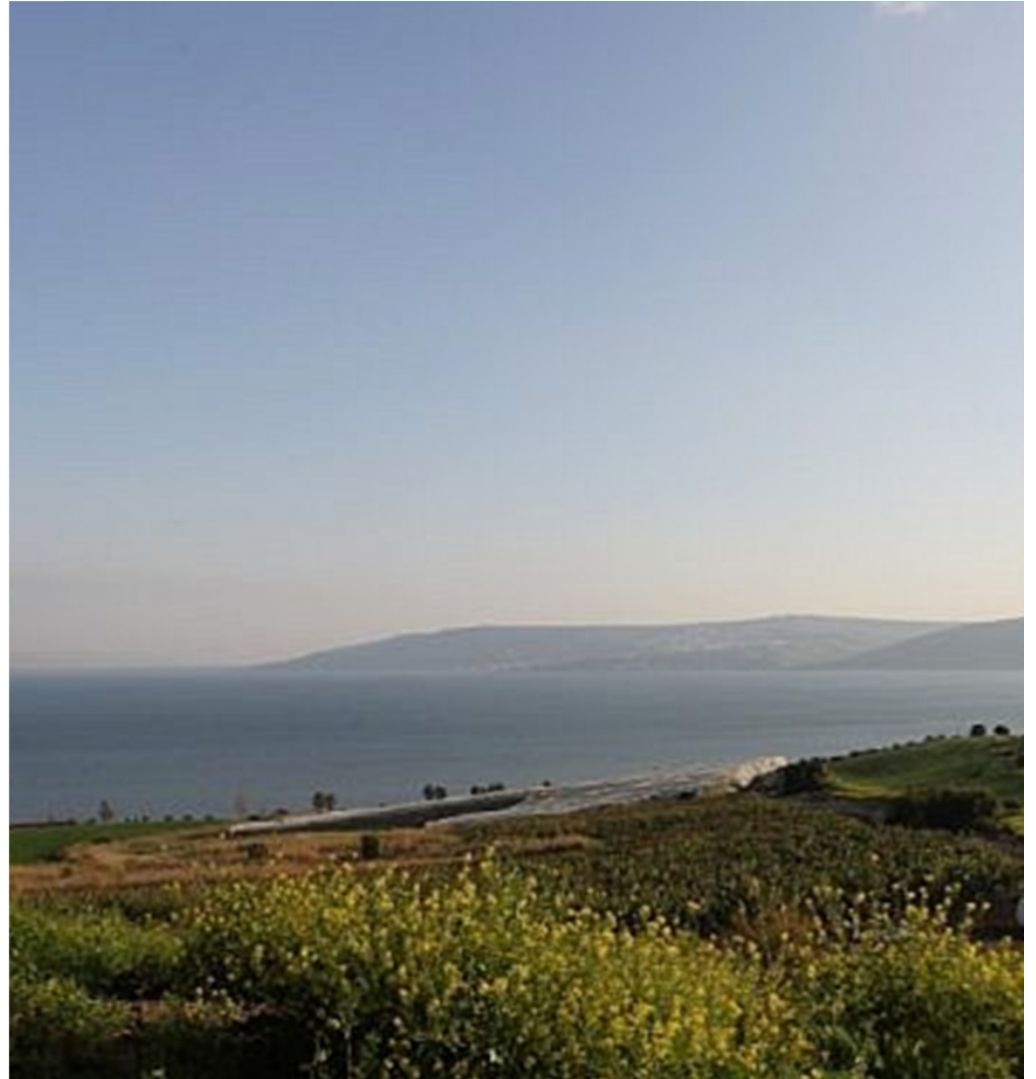
GOD IS THRILLED AND DELIGHTED
TO SPEND TIME WITH YOU.



MATTHEW 11:28-30 (THE MESSAGE)

“ARE YOU TIRED? WORN OUT? BURNED OUT ON RELIGION? COME TO ME. GET AWAY WITH ME AND YOU’LL RECOVER YOUR LIFE. I’LL SHOW YOU HOW TO TAKE REAL REST. WALK WITH ME AND WORK WITH ME – WATCH HOW I DO IT. LEARN THE UNFORCED RHYTHMS OF GRACE. I WON’T LAY ANYTHING HEAVY OR ILL-FITTING ON YOU. KEEP COMPANY WITH ME AND YOU’LL LEARN TO LIVE FREELY AND LIGHTLY.”

SOLITUDE
&
SILENCE





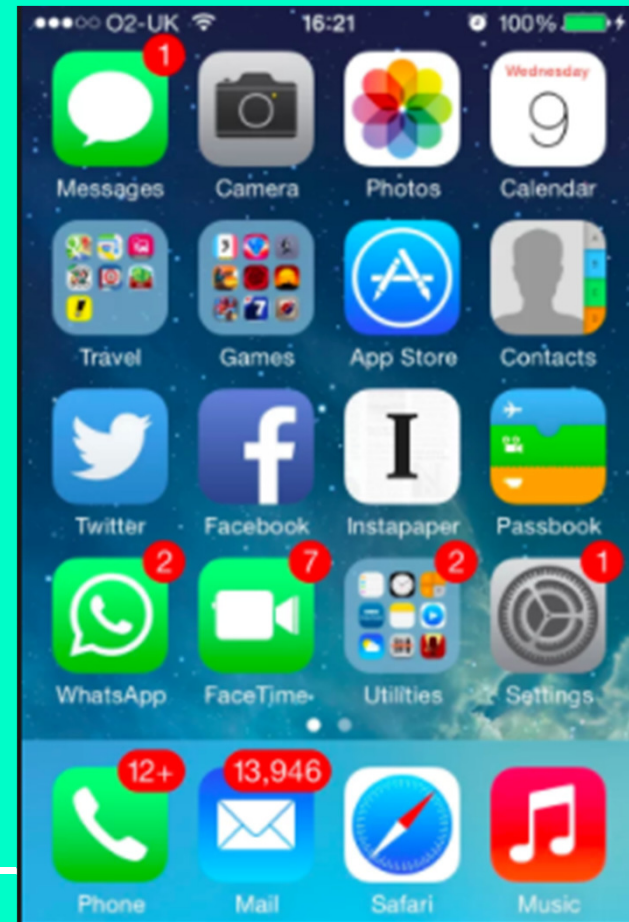
Luke 5:16 “But Jesus would often slip away to the wilderness and pray.”

Luke 6:12 “In these days he went out to the mountain to pray, and all night he continued in prayer to God.”

Luke 9:28 “Now about eight days after these sayings he took with him Peter and John and James and went up on the mountain to pray.”

WE ENTER INTO SOLITUDE FIRST OF
ALL TO MEET OUR LORD AND TO BE
WITH HIM AND HIM ALONE.

WE NEED SOLITUDE AND
SILENCE MORE THAN
EVER BEFORE



SOLITUDE IS THE PLACE WHERE
CHRIST FREES US FROM THE
VICTIMIZING COMPULSIONS OF
THE WORLD.



SOLITUDE - GETTING PRACTICAL

**GET OUTSIDE IN
NATURE**

**TURN OFF THE
PHONE**

SOLITUDE - LET'S GET PRACTICAL

Getting started:

- Read a Psalm
- Pray the Lord's Prayer

SOLITUDE - LET'S GET PRACTICAL

KEEP IT REAL

Psalm 62:8 “Trust in Him at all times, O people; pour out your heart before Him.”

SOLITUDE - LET'S GET PRACTICAL

“But what I have come to see is that God is big enough to receive us with all our mixture. We do not have to be bright, or pure, or filled with faith, or anything. That is what grace means, and not only are we saved by grace, we live by it as well. And we pray by it.”

-Richard Foster



SOLITUDE - GETTING PRACTICAL

**Be kind to
yourself**

Take a step

PSALM 23

