A Simple Solitude Guide

This guide is designed to help create meaningful moments of solitude, especially for those with less freedom to carve out extended time away from distractions.

We encourage you to print it off if you can, as non-digital tools are often less distracting.



Practicing the Way

Invitation to Solitude

Solitude is ultimately about building a quiet inner room with God we can return to at any time. It's learning to still our minds and be attentive to God. Here are 3 ways to do that, even in small moments within your daily routine.

1. Begin with 3 long, deep breaths. Inhale God's love, exhale the distractions and worries of the day.

2. Focus on where you feel the deepest part of you (your soul) to be in your body and place your attention there, where God is.

3. Allow your whole, unfiltered being — your busy-mindedness, anxieties, fears, joys, and insecurities — to be open, available and seen by God.

Continue to return to this place whenever you become distracted, holding an attentive gratitude for God's loving presence which is always with you.

When you enter this place, you can pray along these lines:

God of the heart, of our deep places,
who waits patiently for our attention
that you might show us your love,
lead us into stillness, into a pregnant
aloneness with you, so that we would
know and receive you evermore.
Amen.