

SESSION 3

Stillness



In this session we are exploring the rhythm of Stillness as we consider how we might punctuate our day with moments of stillness that help us 'stay our soul on God'.

“If you refuse to be hurried and pressed,
If you stay your soul on God,
Nothing can keep you from that clearness of spirit which is life and peace.
In that stillness you will know what His will is.”
- Any Carmichael

REVIVE

Breathing Prayer

'Let all that I am wait quietly before God, for my hope is in Him' - Psalm 62:5

RELATE

- Last week we unpacked the rhythm of Sabbath. Do you have any reflections as you have continued to think about this during the week?
- Is there something you have tried this week that you have found helpful?
- What does the word Stillness mean to you? Does the word create any feelings in you?
- What does Stillness look like in your life?

REVIEW

Watch the video - 'Session 3 - Stillness'

REFLECT

- Was there anything that stood out to you, particularly, as you watched the Video on Stillness?
- Was there anything in the video that you found exciting / challenging or that resonated with you?
- What are the things that might get in the way of a rhythm of Stillness for you?
- What might it look like for you to punctuate your day with moments of Stillness?
- Read the top tips and ideas for Stillness. Is there anything that might work for you?

RESPOND

What is your take home from today?
Is there something you are going to do differently this week?
Is there something you are going to try out?

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Stillness - Top tips and Ideas



These are just a few ideas that I have tried as I have explored what Living Well looks like for me. Some may work for you, some may not - but hopefully it will give you a few ideas to kick start your own journey!

Lisa

TAKE A LEG STRETCH

Most of us do not have the freedom to build long walks into our work day but a 10 minute leg stretch is often do-able. I have found that taking a break from the screen and allowing my brain a short rest has really helped me avoid falling down a rabbit warren of over-thinking and working too intensely - which I am prone to do! I often just walk around the block - it's not anything particularly glamorous - but just 10 minutes of fresh air and choosing to pause has been so helpful. And it's even better when I combine that with a ...

WORSHIP WALK

I have always found that God has spoken to me through worship songs and times of worship have been times of encounter for me. I have created a 'worship' playlist on my apple music account (other music streaming services are available!!!) that I play on shuffle and listen through my headphones as I take a leg stretch! The number of times that the words of the song that has played have been just what I needed to be reminded of is incredible!

ENGAGE YOUR SENSES

We are wonderfully made by an incredible creator God who gifted us with senses!! I find that engaging my senses in prayer is a beautiful way of meeting with God. When I have time for a longer prayer time, I often light a scented candle as a way of marking out that time as 'special'. I quite like lighting an incense stick with a prayer that the fragrance of Jesus will fill our home - I've been known to do the same before going into a tricky meeting when I worked from home - may the fragrance of Jesus be in this conversation - tiny reminders to notice the presence of Jesus with me each day.

START YOUR DAY WITH JESUS

There are so many apps and books available to help us spend time in the presence of God each day - daily bible notes, bible reading programmes that lead you through reading the full bible, prayer apps, ancient rhythms and patterns of prayer to follow. In different seasons of life I have used different tools and resources. I am choosing to approach this with grace! Previously, I have felt guilt and shame when I have missed a day or several! I don't want to view my time with God as something I 'ought' to do out of duty. Feeling like that in the past has been a barrier to building a healthy rhythm of stillness, rather than an encouragement! Rather, I am choosing to set aside time and noticing the richness it brings when I do!

BREATHING PRAYERS

We've been practising these in the revive part of our Rhythms of Grace sessions. For more information, check out the [Breathing Prayers](#) resource on the Living well website,



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LECTIO DIVINA

When I have the luxury of a longer time of prayer and reading my bible, Lectio Divina is the tool I often use. It's an engaging, interactive and Spirit-led way to read the bible, based on an ancient pattern of prayer, which allows you to really savour, wrestle with, be challenged and encouraged by scripture as you spend time in the presence of God. You can find loads of information about Lectio Divina online - some of which is brilliant and some I find quite complicated and formal.

In a nutshell, you simply prayerfully read a bible passage through several times, being open to what God is saying to you through it. It's a little like peeling back the layers of an onion as, each time, you ask God to reveal a deeper truth. The bible tells us that the word of God is living and active and I am often amazed at how God breathes life into the scripture I read - revealing things I have not noticed before. But using Lectio Divina has amplified this for me! Each time I have done it, I have been overwhelmed by how God has held me and spoken right to me with what I needed in that moment.

If you would like to have a go - I have created a simple tool to take you through my version of [Lectio Divina](#).

And to help get you started - here are some passages you could look at:

-Phillippians 4:1-9

-Psalm 1

-Matthew 11:25-30

-Romans 5:1-8

-Psalm 103

PRAYING THE EXAMEN

The Examen is another ancient pattern of prayer that guides you through a time of reflecting on your day. As we pray the Examen, we are encouraged to pay attention to the emotions we have experienced that day - listening to what God is saying to us through them - as well as noticing where God has been at work in our life. I have found it a beautiful way of finishing my day that can shift my attention to Jesus, enjoy His Shalom peace and encourage an attitude of gratitude.

I've created a simple tool to lead you through a time of [Examen](#) - using your body as a guide!

What is the first step you are going to take towards building a rhythm of Stillness in your life this week?

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