

Spiritual Exercises for Solitude (from *the Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun)

1. In a place where you can't be interrupted, intentionally place yourself in the presence of God. Recognize that the Lord is as near as your own breathing. Inhale God's breath of life; exhale all that weighs on you. Simply be alone with God. When it is time to return to others, leave the presence of God gently. Carry the sense of being alone with God with you into the next thing.
2. Spend fifteen minutes or more alone with God. You can do an activity if you wish: walk, run, drive, iron. Dedicate the time ahead of you to God. After the time is up, consider how it was for you to be alone with God. Was it hard? Good? Did God speak to you in any way?
3. Make the time you spend in the shower each morning your alone time with God. Present yourself to your Creator- all of your body, all of the dirt that has accumulated in your soul, all that God has made you to be. Let the water from the shower remind you of the water of life that nourishes and changes you. Let the warmth touch you with love. If you like a cold shower, let the bracing impact call you to live your life to the full. Offer yourself to God for the day. Thank him for the alone time he spends with you.
4. Set aside half a day for time alone with God. Go to a retreat centre, quiet chapel or park. Don't stay in your home. Take only your Bible.