

THE PAUSE



JANUARY 1ST - 21ST, 2024

21 DAY FAST FOCUSING ON STILLNESS & CONNECTION WITH GOD



FOR 21 DAYS

- YOU CHOOSE THE TYPE OF FAST
- SCHEDULE MOMENTS DURING THE DAY TO PRACTICE STILLNESS
- FOLLOW ALONG WITH THE DAILY READING
- ENLIST SUPPORT FOR ACCOUNTABILITY



**WE HAVE BEEN CONDITIONED TO FEEL
GUILTY WHENEVER WE ARE NOT
“PRODUCTIVE”**



“THERE ARE TIMES WHEN SOLITUDE IS BETTER THAN SOCIETY, AND SILENCE IS WISER THAN SPEECH. WE SHOULD BE BETTER CHRISTIANS IF WE WERE MORE ALONE, WAITING UPON GOD, AND GATHERING THROUGH MEDITATION ON HIS WORD SPIRITUAL STRENGTH FOR LABOUR IN HIS SERVICE. WE OUGHT TO MUSE UPON THE THINGS OF GOD, BECAUSE WE THUS GET THE REAL NUTRIMENT OUT OF THEM....



WHY IS IT THAT SOME CHRISTIANS, ALTHOUGH THEY HEAR MANY SERMONS, MAKE BUT SLOW ADVANCES IN THE DIVINE LIFE? BECAUSE THEY NEGLECT THEIR CLOSETS, AND DO NOT THOUGHTFULLY MEDITATE ON GOD'S WORD. THEY LOVE THE WHEAT, BUT THEY DO NOT GRIND IT; THEY WOULD HAVE THE CORN, BUT THEY WILL NOT GO FORTH INTO THE FIELDS TO GATHER IT; THE FRUIT HANGS UPON THE TREE, BUT THEY WILL NOT PLUCK IT;



THE WATER FLOWS AT THEIR FEET, BUT THEY WILL NOT STOOP TO DRINK IT. FROM SUCH FOLLY DELIVER US, O LORD....”

- CHARLES H. SPURGEON



“WE NEED TO FIND GOD, AND HE CANNOT BE FOUND IN NOISE AND RESTLESSNESS. GOD IS THE FRIEND OF SILENCE. SEE HOW NATURE - TREES, FLOWERS, GRASS- GROWS IN SILENCE; SEE THE STARS, THE MOON AND THE SUN, HOW THEY MOVE IN SILENCE... WE NEED SILENCE TO BE ABLE TO TOUCH SOULS.”

- MOTHER TERESA



WE STOP OUR ACTIVITY AND TURN OUR ATTENTION TO THE LIVING GOD. WE HEED THE WORDS OF THE PSALMIST TO, “BE STILL BEFORE THE LORD AND WAIT PATIENTLY FOR HIM” (PSALM 37:7), TO “BE STILL, AND KNOW THAT I AM GOD” (PSALM 46:10). WE CHOOSE TO ENTER INTO AWARENESS OF GOD’S PRESENCE AND TO REST THERE IN HIS LOVE.



HOW TO PRACTICE STILLNESS:

- **SETTLE INTO A COMFORTABLE AND QUIET PLACE**
- **TAKE A FEW DEEP BREATHS, ALLOWING YOURSELF TO INHALE AND EXHALE SLOWLY.**
- **BEGIN WITH A SIMPLE PRAYER—OFTEN JUST ONE WORD—THAT EXPRESSES YOUR OPENNESS TO GOD AND YOUR DESIRE TO SPEND TIME WITH HIM. YOU MIGHT USE YOUR FAVORITE NAME FOR GOD, SUCH AS ABBA, FATHER, OR JESUS.**



HOW TO PRACTICE STILLNESS:

- **WHEN DISTRACTIONS COME—AND THEY MOST CERTAINLY WILL COME—ENTRUST THEM TO GOD’S CARE AND USE YOUR SIMPLE PRAYER PHRASE TO TURN YOUR THOUGHTS BACK TO GOD.**
- **GIVE YOURSELF LOTS OF GRACE HERE, ESPECIALLY AT THE BEGINNING. REMEMBER, THIS IS A REVOLUTIONARY AND COUNTERCULTURAL PRACTICE, NOT A WALK IN THE PARK.**



WHEN YOU CHOOSE TO SIT IN SILENCE AND STILLNESS, YOU ARE CHOOSING TO ALLOW GOD TO BE THE CENTER OF YOUR LIFE. THAT MEANS YOU ARE CHOOSING, EVEN IF JUST FOR A FEW MOMENTS, TO LET GO OF CONTROL AND YOUR OWN AGENDA.



THE FOLLOWING ARE A FEW GUIDELINES TO HELP YOU PRACTICE BREATH PRAYER:

- SIT UPRIGHT IN A SILENT PLACE.**
- DRAW YOUR ATTENTION TO YOUR BREATHING.**
- BREATHE FROM YOUR DIAPHRAGM, ALLOWING YOUR ABDOMEN TO RISE AND FALL EASILY.**
- DON'T FORCE YOUR BREATH OR BREATHE TOO QUICKLY.**
- WHENEVER YOUR THOUGHTS WANDER, BRING YOUR ATTENTION BACK TO YOUR BREATH.**



THE FOLLOWING ARE A FEW GUIDELINES TO HELP YOU PRACTICE BREATH PRAYER:

- AS YOU INHALE, ASK GOD TO FILL YOU WITH THE SPIRIT OF LIFE.**
- AS YOU EXHALE, RELEASE ANYTHING THAT IS NOT OF HIM.**
- WHEN YOUR TIME OF SILENCE IS OVER, PAUSE TO THANK GOD FOR YOUR TIME WITH HIM.**