



HABIT #4: SILENCE & SOLITUDE  
PASTOR DANNY ANDERSON

Galatians 5:16

We become Spirit-led through \_\_\_\_\_.

1 Timothy 4:7

Habit #4: \_\_\_\_\_ and \_\_\_\_\_

*"All of humanity's problems stem from man's inability to sit quietly in a room alone."* – Blaise Pascal

*"...social media use does not just correlate with mental illness; it causes it."*  
– Jonathan Haidt

*"We have become contaminated by our noisy world."* – Henri Nouwen

*"In solitude, we purposefully abstain from interaction with other human beings, denying ourselves companionship and all that comes from our conscious interaction with others."* – Dallas Willard

*"In silence we close off our souls from sounds, whether those sounds be noise, music, or words."* – Dallas Willard

Mark 1:35

Matthew 6:6

*"Without solitude it is virtually impossible to live a spiritual life."*  
– Henri Nouwen

You will not find a spirit-led person who does not have a habit of being alone with God.

1. \_\_\_\_\_ your mind to hear God's \_\_\_\_\_.

1 Kings 19:12

*"In silence and quietness the devout soul makes progress and learns the hidden mysteries of scripture."* – Thomas à Kempis

2. Tunes you into the \_\_\_\_\_.

Psalms 46:10

*"...silence allows the reality of God to stand in the midst of your life."*  
– Dallas Willard

Isaiah 30:15

3. Creates space for you to \_\_\_\_\_.

*"In solitude, we confront our own soul with its obscure forces and conflicts that escape our attention when we are interacting with other people."*  
– Dallas Willard

Psalms 139:23-24

*"Solitude is the furnace of transformation. Without solitude we remain victims of our society and continue to be entangled in the illusions of the false self.... Solitude is the place of the great struggle and the great encounter—the struggle against the compulsions of the false self, and the encounter with the loving God who offers himself as the substance of the new self."* – Henri Nouwen

