





4. What circumstances may make it difficult for you to establish a habit of spending time in silence and solitude with God this week? What are steps you could take to help overcome these obstacles?

### Sharing and Prayer

What impact do you hope silence and solitude will have on your relationship with God and the way you experience him throughout the day this week?

Pray for this to be true. Ask God for the strength to overcome the obstacles you shared earlier so that you can experience him more deeply.

To access a digital copy of the experiments, use this QR code.



### What to practice for next time...

Week of Sept 28<sup>th</sup> Immanence

Week of Oct 5<sup>th</sup> Repentance