

Suggested Schedule for Four Consecutive Hours of Silence & Solitude

Each student must complete four consecutive hours of silence and solitude with the Lord. Before entering into this experience, the student should present and receive approval of a schedule of how he/she intends to spend the four hours. However, if the student's schedule is very close to the suggested schedule below, it is not necessary to present your schedule to the professor. A student may modify the *time* allotted to any given element by as much as fifteen minutes per session without seeking the professor's approval. Any change in the *content* of a given element (that is, Bible reading, prayer, journaling, etc.) must be approved by the professor. The *order* of these elements may be changed also.

Once set, the student does not have to stick slavishly to this schedule. For example, if you are on a prayer walk and finding it enjoyable, you may extend the time for as long as you find it meaningful. Part of the reason for having a schedule is to ensure that you know you can spend the time profitably, as opposed to completing a less specific plan unexpectedly in only two hours (or having no plan at all), then spending two hours in boredom and frustration just to complete the required four hours.

Conversely, any time that a posture or activity becomes tedious, change it. So if you have been sitting and reading or journaling for twenty minutes out of a planned thirty, and sitting becomes wearisome, do not continue just to complete your plan of thirty minutes for that activity. Each activity should be refreshing and restorative. Rightly done, when you are finished with the four hours you should want to continue. In fact, I hope you will—but now out of sheer delight and enjoyment, not for an assignment.

- :15 Worshiping the Lord in song (perhaps while playing an instrument or listening to music)
- :30 Bible reading
- :30 Praying through Scripture, perhaps while walking.
- :30 Journaling
- :30 Devotional reading (NOT a book you have to read for school, church, etc., but simply an edifying Christian book you've wanted to read)
- :20 Praying through Scripture, perhaps while walking.
- :30 Meditation on Scripture
- :15 Journaling
- :20 Praying through Scripture, perhaps while walking.
- :20 Worshiping the Lord in song (as above) and/or devotional reading (as above)