

# Online Lent Quiet Day

## Preparing for your day

*These pages make some suggestions. Please use what is helpful.*

First, ask for grace to approach this day as a gift ....

... A gift from God<sup>1</sup> who longs to spend time with you

... A gift from God<sup>1</sup> who invites each of us to take time out of the 'everyday', even when that time must be spent at home.

<sup>1</sup>The Divine, the Creator, your deepest self, the Universe....Please use whatever terminology is familiar and / or helpful.



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## How to make space and time:

- inform others in your household of your intentions for this day in advance, to minimise disruption
- disruptions that arise beyond your control can be welcomed as 'visitors'!
- if possible, create a 'sacred space' for the day, such as a particular room or chair, the garden, your daily walk
- remove unnecessary distractions. You may need a device to access materials; you may want books, music and creative materials to resource your quiet. Think about this in advance. Try to be intentional about what *is* and what *is not* in your space
- in considering what resources you might use, do not be overly ambitious
- decide on the times you will attempt silence / quiet and how long those will be. Try to be gentle and generous with yourself about this. (There are some suggestions for using silences at the end.)
- stick to these times, insofar as you are able.



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## Suggestions for moving into prayer:

- begin each one with an intentional time of settling into the presence of God<sup>1</sup>
- .. and ask the Holy Spirit for an open heart that can receive what you need
- when ready, move into prayer or meditation using whatever method you find most helpful
- if you don't have a chosen method, don't worry. Do feel free to ask the leader for ideas
- take your time - try not to be too prescriptive - give the Holy Spirit freedom to rest with, on and in you
- if you wish, journal, paint, draw etc, as you find helpful
- spend time towards the end of each period reviewing what was helpful and what was not
- do not judge or critique, just notice and ask for the grace to hear what is being said through this.

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## Suggestions for how to use a time of silence:

1. **Do nothing** at all...sit, kneel or lie down...and wait for God<sup>1</sup> to lead, to speak, to put ideas, thoughts and prayers into your mind. Relax and rest. If doing absolutely nothing is very difficult for you, do something creative with your hands
2. Use something to **spark off** prayer or reflection (try using any suggestions offered by the facilitator, the Bible, a hymn-book, another spiritual text, phrases, affirmations, short prayers). Stick to something short and dwell on it rather than 'reading' it. Use books *about* prayer or meditation, or a book *of* these, always being prepared to stop and be silent or pray
3. **Walk** - in the garden or a familiar route - thinking, taking no notice of anyone else, being aware of God<sup>1</sup>
4. **Stay** in the sacred space and make time for your usual prayers or meditation, if part of your routine: today, you have more time for these!

<sup>1</sup>The Divine, the Creator, your deepest self, the Universe....Please use whatever terminology is familiar and / or helpful.



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Thank you for being with us today!

Some materials adapted from Retreat Association leaflet *How To Plan a Quiet Day*, [http://www.retreats.org.uk/documents/leaflets/15\\_How\\_to\\_plan\\_a\\_quiet\\_day.pdf](http://www.retreats.org.uk/documents/leaflets/15_How_to_plan_a_quiet_day.pdf)

