

Quiet Days – a different way?

A Quiet Day is one way that we can deliberately set time aside to be with the Lord, allowing the Lord opportunity to be in the reflections and the spaces. Usually a Quiet Day will involve some silence and solitude, in order that we can achieve some stillness – which is not always easy in the busyness of life! Best of all, it is an opportunity to invite the Holy Spirit to be your companion for the day!

Attending a quiet day at a retreat centre can be a very different experience than making space for a quiet day at home! Even the decision to attend the Quiet Day, sometimes weeks ahead, is a significant part of the setting aside the day to be with the Lord. Preparation the night before, what do I need to take with me, what time do I need to leave, what directions do I need are also significant aspects of the day. These all add up to a day that has been set aside in our minds for some time, and is experienced in a place where there is none of the usual distractions at home.

So, how can our experience of a quiet day at home be as significant as the time we spend on a Quiet Day somewhere else?

Here are some suggestions!

Set aside the day: this will require some planning in advance and some thinking through of who else will be in the house? Will I be interrupted? What will I do if the telephone rings or the doorbell rings? Planning in advance will help you to manage the day. Perhaps there will need to be arrangements made with children or other family members, or with work to ensure some space for yourself. You may need to tell those you live with, or others around you that you are not available for the day, and write it in your diary so nothing else gets booked as well!

What time will you allow yourself? The Quiet Day may be framed by some Zoom sessions to join with, (or the times you decide to listen to the podcasts). Will all the time in between be quiet time, or not?

Preparation of food and drink: is it worth thinking about this in advance and preparing some sandwiches for lunch the night before so that they are ready when you want them?

Where will you be? Somewhere comfortable and warm – but not so warm and comfortable that you spend the day asleep! Although, the Lord gives sleep too – and maybe that's what you need the most!

What will I do with the time? Again, some forethought could be helpful – if you are someone who likes to be creative, then gathering the things together beforehand will help you to make most of the space in the day. There is nothing more frustrating than having the inspiration and urge to paint, and then not being able to find the brushes you carefully put away last time you used them.

It is also important to remember that a quiet day is not necessarily filled with activities – but using the space to best advantage.

Be realistic! It is better to set aside a short space of time and achieve it and make full use of it, than to set aside the day but lose half of it because of the interruptions that inevitably come. The Lord knows!

Most of all: be blessed, be inspired and enjoy the company of the Lord who loves you and delights in you!