



## *In the Quiet, Holding Jesus' Hand*

**I**n the still, quiet moments, Jesus retreated to be with his Father. The moments didn't come easily. He had to seek them. He had to fight for them. In the noise and bustle of our days—as we notice the tension we feel in our bodies, the shallow quickness of our breath—we struggle, just like Jesus, to have moments of quiet.

We must choose, like Jesus did, to engage deeply and earnestly with God.

“But Jesus often withdrew to lonely places and prayed” (Luke 5:16).

In today's Encounter, you don't need your Bible or a journal. You don't need a prescribed prayer to pray or a song to sing. What you need — what is required — is your open heart. That's it. That's all God craves. He wants your attention — your heart's full attention. Today, we are going to practice doing that — through the simple act of retreating, wherever you are, however you feel.

So, find a quiet place to be, where you can be undisturbed, for twenty minutes. Sit on a comfy chair or lie on the floor. (I don't

recommend lying on a couch or bed, as this might be too comfortable and make you inclined to sleep!)

If you'd like, set a timer for twenty minutes — and play soft, instrumental music (like William Augusto's "[His Pulse](#)," or Ben Potter's "[Quiet](#)"). Then, with your eyes closed, breathe deeply and evenly, surrendering all thoughts and ideas to God. [Here](#) is a Spotify playlist you might want to try.)

Listen to your breathing, the gentle intake of air in your lungs. As you inhale and exhale, invite Holy Spirit into your heart and mind. And then, simply allow your mind to relax as you imagine Jesus is lying next to you, at your side, perhaps holding your hand. Allow your heart to experience Jesus loving God with you. Feel Jesus's love for the Father. Be with Him as He loves God and God loves you both.

Stay here, relaxing, holding Jesus' hand. Breathe deeply and evenly, eyes closed. Stay here, your heart open to Jesus and the Father's love. Receive it. Let it flow in you and through you. Let Him love you. *Let Him love you.* This is the beginning of you loving Him back.

Receive and remain.

Bless you, dear one.

Amen.

#### Worship Song Ideas:

- "The More I Seek You," Gateway Music, Jessie Harris  
[Spotify](#) | [YouTube](#)
- "More Than Enough," North Point Worship, Lauren Lee  
[Spotify](#) | [YouTube](#)
- "Greater Measure," Simple Offering  
[Spotify](#) | [YouTube](#)
- "Give Me You," Jon Guerra, Andrew Belle  
[Spotify](#) | [YouTube](#)

