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## DESERT DAY PRACTICE

- ① Go into your hermitage to be with God in silence. Today, your hermitage could be a quiet room, a place in nature, or anywhere that you can find solitude and silence.
- ② Try to fast only on bread and water while you are there.\*
- ③ Bring only a Bible, and consult it, expecting that Jesus will use familiar words to offer you fresh wisdom.
- ④ Open your heart to God. Bring to God everything that is weighing you down. Voice your problems, hopes, questions.
- ⑤ Talk, and then listen. Much of the time, nothing may happen. But if you stay with it, something will open up and guidance will come. You will “receive a word” from God that is directed to you: a word in the form of an intuition, or a Scripture passage, or a feeling.

*\*Those who have medical issues or who struggle with disordered eating of any kind should avoid fasting from food. Consider fasting instead from your phone, your email, your need for control, etc.*

From “Let Your Heartbreak Be Your Guide” by Adam Bucko and “Poustinia: Encountering God in Silence, Solitude, and Prayer” by Catherine Doherty

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