



TOPIC:
Self Leadership/
Silence and
Solitude

WHY IS SILENCE AND SOLITUDE IMPORTANT?

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Mama Maggie Gobran

*Founder and CEO,
Stephen's Children Ministries*

VIDEO SUMMARY:

Mama Maggie's leadership comes out of a depth of spirit developed through years of spiritual practices. In this clip, she describes the practice of extended times of silence and solitude.

DISCUSSION QUESTIONS:

1. Mama Maggie gains strength for her leadership through the practice of the ancient spiritual disciplines. In particular, silence and solitude. She said, "In silence, you leave the many to be with the One." Have you ever experienced an extended time of silence? What was it like? Share this with your team.
2. As a team, spend the next 30 minutes experiencing this discipline. Divide up as a team and find a quiet space. Try to empty yourself of racing thoughts so you can be fully aware of God's presence. If it helps you, try to follow Mama Maggie's formula.
 - Silence your body to listen to your words
 - Silence your tongue to listen to your thoughts
 - Silence your thoughts to listen to your heart beating
 - Silence your heart to listen to your spirit
 - Silence your spirit to listen to His Spirit
3. Regroup after your experience and discuss. What, about this time, has been most impactful for you? It could be something Mama Maggie said, or something that came to you during your time of silence. Allow time for each person to share.