



WEEKLY FREE COMPANION GUIDE

Make Room for the Quiet

A one-page prayer practice shaped by Jesus' habit of withdrawing

"BUT HE WOULD WITHDRAW TO DESOLATE PLACES AND PRAY."

Luke 5:16 ESV

Short reflection

Luke does not place Jesus' prayer after the crowds finally disappear. He places it while the crowds are growing. That is what makes the verse so searching. Prayer is not reserved for the moment when nothing else works. Jesus makes room to be with the Father inside a life already full of people, decisions, compassion, and obedience.

Your quiet place does not need to look impressive. It may be a chair, a parked car, a short walk, or a few minutes before the house wakes. The goal is not to build a flawless routine. It is to bring your real life before God before urgency becomes the only thing that can make you stop.

Begin small. Let Scripture slow you. Tell the truth. Listen. Then return to the day knowing you come to the Father through Christ, not through the strength of your own discipline.

"Prayer is not only where you go when life breaks. It is where you learn to live with God."

Prayer

Father, thank You that I do not have to wait for a crisis to come near. Through Jesus, You have opened the way for me to bring my whole life into Your presence. Teach me to make room for prayer before the noise becomes urgent. Meet me in ordinary places. Shape my desires, steady my attention, and lead me back into my day ready to obey You with open hands. Amen.

Connection to Sunday reflection

Companion to Week 25 of *When the Word Lingers: The Hidden Prayer Life of Jesus*, a Luke 5:15–16 reflection on the hidden rhythm of prayer within the public ministry of Christ.

Five guided reflections

1. What usually sends me to prayer: crisis, gratitude, confusion, habit, or something else?
2. What part of my day becomes noisy first?
3. Where is one realistic quiet place already available to me?
4. What would it look like to pray before the demand rather than only after it?
5. What do I need to bring honestly to the Father today?

A simple practice • The Five-Minute Quiet Place

1. **ARRIVE** — One minute. Put the phone down. Let your body become still. Remember that you are coming to the Father through Christ.
2. **READ** — One minute. Read Luke 5:15–16 slowly, twice.
3. **PRAY** — Two minutes. Name what is real: gratitude, need, fear, resistance, hope, or surrender. Do not polish it.
4. **LISTEN** — Thirty seconds. Sit without filling the silence.
5. **RETURN** — Thirty seconds. Ask, "What is the next faithful thing before me?" Then step back into the day.