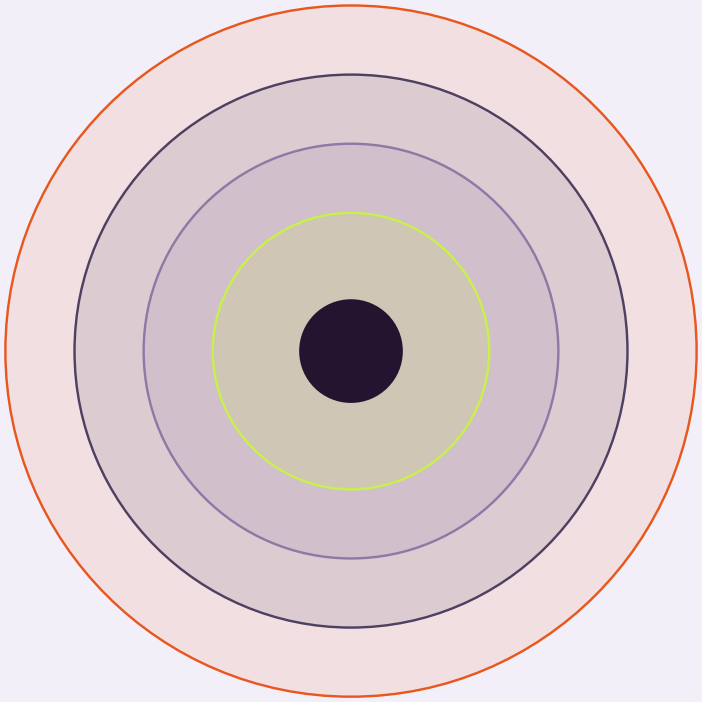
NOVEMBER 6, 2026



Into the Quiet: Following Jesus in a World of Noise

A reading of the book by John Mark Comer (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Into the Quiet: Following Jesus in a World of Noise, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

John Mark Comer is a pastor, the founder of Practicing the Way, and the author of The Ruthless Elimination of Hurry. In this companion book he turns from the speed of modern life to its noise: the phone, the outrage cycle, constant input, and the chatter inside our own heads. He argues that this noise makes it hard to pay attention to God, and that the answer is a life-wide practice of silence, solitude and stillness, not only an occasional retreat. Drawing on the Desert Fathers and Mothers and later contemplative writers, he describes the wilderness as the place where we meet ourselves, face the enemy and meet God, before we return to love other people. He opens with his own 21-day silent retreat and closes with ten practical ideas for making ordinary life quieter.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Noise is more than sound. It is anything that keeps you from paying attention to God.

Comer counts the phone, the news, the outrage cycle and a calendar with no gaps as noise, along with the hum of traffic. His claim is that all of it leaves people anxious, overstimulated and thin inside. The opening chapters lean on psychology and neuroscience to show what constant input does to a body and mind.

2 HOURLIFE TAKEAWAY

Getting away is not the same thing as solitude.

A weekend at the beach with a phone and a podcast is a break, not a practice. Comer separates time away from the discipline of being alone with God on purpose. The difference is what you do with the quiet once you have it.

3 HOURLIFE TAKEAWAY

Turn down the noise outside and the noise inside gets louder. That is where the work starts.

The book opens with Comer's own 21-day silent retreat, with no phone, books or exercise, and he is honest that it hurt. Much of our outer noise, he suggests, is a way to avoid the inner kind: worry, regret, old conversations on replay. Quiet brings it to the surface so it can be faced.

4 HOURLIFE TAKEAWAY

In the wilderness you meet three things: yourself, the enemy, and God.

Comer builds the heart of the book on the Greek word eremos, the wilderness or lonely place. Following the Desert Fathers and Mothers, he treats it as the place where you see yourself clearly, where you are tested as Jesus was in Luke 4, and where you are met by God.

5 HOURLIFE TAKEAWAY

The point of quiet is meeting God in love, not just a calmer nervous system.

Comer uses the research on stress and attention, and he is glad that silence calms the body. But he is clear that this is not a mindfulness book. A lower heart rate is a side effect; the aim is to be with God.

6 HOURLIFE TAKEAWAY

Your mind will drift. Coming back is the practice, not a sign you failed.

Readers new to silence often quit because their thoughts wander every few seconds. Comer's answer is to turn gently back to God each time, as many times as it takes. Ten minutes with forty returns is still ten minutes of prayer.

7 HOURLIFE TAKEAWAY

Retreat is meant to end in return.

Jesus withdrew to lonely places to pray, and then went back to the crowds. Comer follows that rhythm and warns against a quiet that only ever leads away from people. Solitude should send you back more patient and more loving than you left.

8 HOURLIFE TAKEAWAY

You don't have to move to the desert. You can carry it into the city.

Most readers cannot leave for a monastery, and Comer does not ask them to. He calls for people who build silence and solitude into an ordinary week, with a job, a family and a commute. His own retreats and travels are offered as illustrations, not a standard.

9 HOURLIFE TAKEAWAY

Start by making your life ten percent quieter, and do it with other people.

The book closes with ten ideas to de-noise your life, such as starting the day in silence, keeping a Sabbath and getting outside, meant to be tried one at a time. Comer pictures this happening in churches and small communities, not as a private hobby.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Choose your quiet place
- [ ] Charge the phone outside the bedroom
- [ ] Write your noise list
- [ ] Book a half day alone
- [ ] Ask one person to join you

KEEP UP DAILY

- ◯ Begin the day in silence
- ◯ Walk once a week without audio
- ◯ Keep a weekly Sabbath

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Choose your quiet place

Pick one chair, corner or short walking route that you use only for silence.

Put a blanket or a Bible there, and nothing with a screen.

MY VERSION

DONE ON

- [ ] SETUP 2

Charge the phone outside the bedroom

Buy a cheap alarm clock and move the phone charger to the kitchen tonight.

The first and last minutes of your day become quiet by default.

MY VERSION

DONE ON

- [ ] SETUP 3

Write your noise list

Make two columns: outer noise (podcasts, news, notifications, background TV) and inner noise (worries, replayed conversations).

Circle one item in each column to cut back by about a tenth this week.

MY VERSION

DONE ON

- [ ] SETUP 4

Book a half day alone

Put four hours of solitude on the calendar this month, somewhere outdoors if you can.

Leave the phone in the car, and take only a Bible or nothing at all.

MY VERSION

DONE ON

- [ ] SETUP 5

Ask one person to join you

Invite a friend, spouse or small group to try a month of daily silence with you.

Agree on a short check-in each week to say how it went.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Begin the day in silence

Sit for five to ten minutes before you open the phone.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Walk once a week without audio

Take one walk a week with no headphones, no calls and no podcast.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Keep a weekly Sabbath

Choose one 24-hour window each week and put work, shopping and news away for it.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

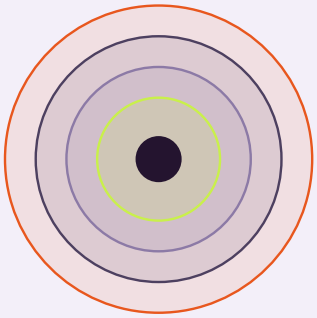
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Go into the quiet to meet God, and come back gentler for the people you love.

HOURLIFE NOTE AFTER JOHN MARK COMER