

# Solitude

## *Time Alone to Seek God's Face*

**“Be still and know that I am God.” Psalm 46:10**

### 1. What is Solitude?

- A. It is not simply rest or refreshment
- B. It is the process of getting alone with God for a brief or extended period of time to devote self to Him.

**2. The Need For Solitude** - Choosing to be alone to seek God's face. We spend most of our lives traveling a “break-neck” speeds in order to do instead of coming to a “full stop” in order to become. Solitude is a “full-stop.” Sometimes I simply need to stop in order to find “spiritual” north on my compass of life. The absence of solitude produces weariness, frustration, lostness, and half-heartedness for Jesus.

- A. Need to work hard to practice solitude - it is a discipline
- B. Most radical of all the disciplines - abstaining from interaction with other people
- C. It frees us - ***“The normal course of day-to-day human interactions locks us into patterns of feeling, thought, and action that are geared to a world set against God.”*** Dallas Willard in *The Spirit of the Disciplines*

### 3. Jesus' Example

- A. Matthew 14:23 - After He had dismissed them, He went up into the hills to pray.
- B. Matthew 15:29 - Jesus left there and went along the Sea of Galilee. Then He went up into the hills and sat down.
- C. Matthew 17:1 - After six days Jesus took with Him Peter, James, and John the brother of James, and led them up a high mountain by themselves.
- D. Mark 6:31-32 - Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a boat to a solitary place.
- E. Mark 7:24 - Jesus left that place and went to the vicinity of Tyre. He entered a house and did not want anyone to know it; yet He could not keep His presence a secret.
- F. Luke 5:16 - But Jesus often withdrew to lonely places and prayed.
- G. Luke 9:10 - When the apostles returned, they reported to Jesus what they had done. Then He took them with Him and they withdrew by themselves to a town called Bethsaida.

### 4. Getting Started with Solitude

- A. Determine when - schedule it
- B. Determine how - “Fool-proof” Plan
- C. Determine where - a place to focus
- D. Determine what - how will you use your time
- E. Journal it
- F. Review it                      Luke 10:38-42 Mary and Martha