

WEEK FOUR:
SOLITUDE
& SILENCE



Hurry is destroying our ability to be present without being preoccupied.

SERIES BIG IDEA:

Waste the haste: learn Jesus' unforced rhythms of life.

Waste the haste challenge: Breathe.

- **Daily: Read and pray scripture.**
- **Weekly: Sabbath with the Body of Christ.**
- **Weekly: Have a meaningful face-to-face conversation with a friend or group of friends.**

"Eremos" is translated in the gospels as desert, deserted place, wilderness, lonely place, solitary place, quiet place, remote, or open country.

TEACHING BIG IDEA:

Being alone with God eliminates the noise of life so we can be present with God, empowered by God, and discern His direction for our lives.

¹² At once the Spirit sent him out into the wilderness, ¹³ and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

Mark 1:12-13 (NIV)

Being alone with God prepared Jesus for temptation.

¹² One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. ¹³ When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles.

Luke 6:12-13 (NIV)

Being alone with God prepared Jesus for big decisions and big tasks.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35 (NIV)

Jesus made time to be alone with God after demanding days and seasons.

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ 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."

³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. ³⁴ When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

³⁵ By this time it was late in the day, so his disciples came to him. "This is a remote place," they said, "and it's already very late. ³⁶ Send the people away so that they can go to the surrounding countryside and villages and buy themselves something to eat."

Mark 6:30-36 (NIV)

The solitary time with Jesus on the boat prepared the disciples for the big task Jesus would give them.

⁴⁵ Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. ⁴⁶ After leaving them, he went up on a mountainside to pray.

Mark 6:45-46 (NIV)

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Jesus regularly spent time in a secluded place to be alone with God in prayer.

³⁷ Each day Jesus was teaching at the temple, and each evening he went out to spend the night on the hill called the Mount of Olives,
³⁸ and all the people came early in the morning to hear him at the temple.

Luke 21:37-38 (NIV)

- **Being alone with God prepared Jesus for the rejection of the people and the betrayal of those closest to Him.**
- **I never have to fear being alone because God is always with me.**

²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

WRITE YOUR PRAYER USING THE ABOVE SCRIPTURE:



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TEACHING SUMMARY:

Many people are unable to be alone with themselves or even be alone with God. Humanity used to be okay with being by themselves. Now, many are not okay with being alone to process their thoughts, feelings, or to quiet the noise of life and be present with God.

The rhythms of Jesus lead us into union with Him. They are actions that build our relationship with God. Jesus habitually went to places of solitude and created silence to listen to God the Father. His time spent with God the Father would prepare Him for what was coming and refuel Him after demanding days or seasons of ministry.

Solitude and silence help us eliminate life's distractions to discover God's voice and direction for our lives.

What to do in solitude: (From the teaching)

- Identify a time and place to be alone with God.
- Listen to God through scripture and listen for His whisper in silence.
- Pray scripture to pray for God's will.
- Pray the way Jesus teaches in Matthew 6:9-13.

TALK-IT-OVER:

In what ways do you see people digitally or physically distracted and how does that keep them from being present with God and others?

What is your common excuse to not create a time and place to be alone with God in prayer?

What part of today's teaching challenged you the most?

What is your next step?

Who do you need to tell about what you've learned?

DAILY SCRIPTURE READING:

- Day 1) Psalm 86:1-13
- Day 2) Matthew 26:36-44
- Day 3) Psalm 136:1-16
- Day 4) Isaiah 30:15
- Day 5) Exodus 15:2-3
- Day 6) 2 Samuel 22:32-34