

Solitude & Silence (Part 1)

- The Spiritual Discipline of Solitude is the practice of intentionally getting away from people and all distractions to experience time alone with God.
- Solitude is a formative place because it gives time and room for the Holy Spirit to do deep work.

The Benefits of Solitude

- Jesus began his public ministry with forty formative days of Solitude.

Mark 1:12-13

The Spirit then compelled Jesus to go into the wilderness, where he was tempted by Satan for forty days. He was out among the wild animals, and angels took care of him.

When no one is there to watch, judge, and interpret what we say, the Spirit often brings us face to face with hidden motives and compulsions. The world of recognition, achievement, and applause disappears, and we stand squarely before God without props. In Solitude Jesus did battle with the intoxicating possibilities of achieving his Kingdom and identity in the power of the self. He faced down the self Satan offered and instead chose his true identity as the beloved Son.

– Adele Ahlberg Calhoun, *Spiritual Disciplines Handbook: Practices That Transform Us*

- **Distraction-Free is Essential**
- **Different from a Retreat or Just a Break**

“We are so afraid of silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror.”

- Dietrich Bonhoeffer

Mark 1:35

And in the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and prayed there *for a time*.

Matthew 14:13

Now when Jesus heard *about John*, He withdrew from there in a boat to a secluded place by Himself

Mark 6:30-31

The apostles gathered together with Jesus; and they reported to Him all that they had done and taught. And He said to them, "Come *away* by yourselves to a secluded place and rest a little while."

Luke 6:12-13

Now it was at this time that He went off to the mountain to pray, and He spent the whole night in prayer with God. And when day came, He called His disciples to Him and chose twelve of them, whom He also named as apostles.

Luke 22:39-44

And He came out and went, as was His habit, to the Mount of Olives; and the disciples also followed Him. Now when He arrived at the place, He said to them, "Pray that you do not come into temptation." And He withdrew from them about a stone's throw, and He knelt down and *began* to pray, saying, "Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done." Now an angel from heaven appeared to Him, strengthening Him. And being in agony, He was praying very fervently...

- **Genesis 32:24** Then Jacob was left alone, and a man wrestled with him until daybreak.

Luke 5:15-16

The news about Him was spreading *even* farther, and large crowds were gathering to hear *Him* and to be healed of their sicknesses. But *Jesus* Himself would *often* slip away to the wilderness and pray.
