A Biblical Foundation For Solitude

Sunday, January 12, 2020  AVBC 10:30 am

1. Information overload
   S___________ overload
   Work overload

2. Emotional limits
   M____________

3. S____________________
   A BIBLICAL BASIS FOR SOLITUDE
   -Isaac (Genesis 24:62,63)
   -Jacob (Genesis 28:12; 32:22-29)
   -Moses (Ex 2, 3,19,24:15-18)
   -Elijah (I Kings 17,19)
   -David (I Samuel 16, Il Samuel 12, Psalms)
   -John the Baptist (Luke 3)
   -Apostle John (Revelation)
   -Jesus (Mark 1,6,7)

   SOLITUDE is a ________ from the Lord that I must
   ________________ to embrace, enabling me to withdraw
   from the pressures of life into stillness and silence in order
   to be ________________ by Him.

Q: HOW CAN YOU EXPERIENCE SOLITUDE?

1. You must get ________________. (Mark 6:31)
   My heart is in anguish. The terror of death overpowers me. Fear and trembling
   overwhelm me. I can’t stop shaking. Oh, how I wish I had wings like a dove;
   then I would fly away and rest! I would fly far away to the quiet of the
   wilderness. How quickly I would escape—far away from this wild storm of
   hatred. (Psalm 55:4-8)

2. You must be ______________.
   The next morning Jesus awoke long before daybreak and went out alone into
   the wilderness to pray. (Mark 1:35)

3. You must _______________. (Ecc. 2:22,23, Lam. 5:5, Is. 57:20-21)
   Then Jesus said, “Come to me, all of you who are weary and carry heavy
   burdens, and I will give you rest. Take my yoke upon you. Let me teach you,
   because I am humble and gentle, and you will find rest for your souls. For my
   yoke fits perfectly, and the burden I give you is light. (Matthew 11:28-30)

4. You must be _______________. (Psalm 131:2)

5. You must _______________. (Proverbs 1:33)
   Anyone who listens to my teaching and obeys me is wise, like a person who
   builds a house on solid rock. (Matthew 7:24)

6. You must ______________ to make it happen.

DIGGING DEEPER
(For use in personal/family devotions or with your care group)

Q1: Pastor Dave described overload with a picture of a donkey lifted off the ground
because of an overloaded cart. What “picture” would you use to define overload?
Q2: Pastor David said that solitude is counter-culture. Do you agree/disagree? Why?
Q3: How does the Lord remind you that He has created you with limits?
Q4: What do the following verses teach you about God in the midst of overload?
Q5: When you think of solitude, what biblical character comes to mind? What is it
   about their solitude experience that you connect to?
Q6: Pastor David laid out 6 things you must do to experience solitude? Which one is
   the toughest for you? Why? What could you do this week to move ahead in this area?
Q7: What specific areas of your life do you experience overload?
Q8: Read Psalm 23. What do you need the Good Shepherd to do for you?