



A Biblical Foundation For Solitude

Sunday, January 12, 2020 AVBC 10:30 am

1. O _____

Information overload

S _____ overload

Work overload

C _____ overload

A _____ overload

C _____ overload

2. L _____

P _____ limits

M _____ limits

Emotional limits

P _____ limits

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, II Samuel 12, Psalms)

-John the Baptist (Luke 3)

-Apostle Paul (Acts 9; 20:13; 21-28, Gal. 1:13-18)

-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?

-Isaiah 26:1-4, Isaiah 41:28-31, Psalm 61:1-4, John 14:26-27, Philippians 4:6-7.

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?