



The Benefits of Solitude

Sunday, January 19, 2020 AVBC 10:30 am

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

1. Solitude will help you get in _____ with _____.

Yet despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer. (Luke 5:15, 16)

-Luke 24:13-32

2. Solitude will help you _____ God's perspective and _____.

-Matthew 6:5-6, 9-10, 31-33

-Psalm 100:4

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23-24)

3. Solitude will help you _____ on God's Word.

-Psalm 119:104

This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. (Joshua 1:8)

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. (Psalm 1:1,2)

4. Solitude will help you _____ . (Mark 6:30-32)

I am "fully charged"... mentally physically, spiritually & emotionally	I've been going pretty hard and I can feel my "battery" being slowly drained	I am exhausted and desperately in need of a lengthy "trickle charge"!
I am enjoying chewing on some incredible meat from God's Word	I am snacking on God's truth...but I am hungry for more	I hastily swallow random spiritual ideas without even tasting them
I am spending time and energy on what God says is important	I am concerned that the urgent is crowding out the important	I feel like a pinball... randomly bouncing from one thing to another
I am striving to build solitude into the routine and rhythm of my life...just like Jesus	I've tasted seasons of solitude...but need to schedule more regular times	I must be a stronger person than Jesus...I don't need solitude in order to survive

DIGGING DEEPER

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

Q1: Have you ever spent extended time in solitude? If so, what were some of the benefits or blessings? What were some of the challenges?

Q2: What do the following verses teach you about being in step with the Lord?
Jeremiah 10:23, Proverbs 16:9, Galatians 5:25

Q3: What do the following verses say to you about meditating on God's truth?
Psalm 119:15, Psalm 19:14, Philippians 4:8

Q4: What do you think of the following quote? Do you relate? Agree/Disagree?

Richard Foster, Freedom of Simplicity- "I function best when I alternate between periods of intense activity and of comparative solitude. When I understand this about myself, I can order my life accordingly. After a certain amount of immersion in public life, I begin to burn out. And I have noticed that I burn out inwardly long before I do outwardly. Hence I must be careful not to become a frantic bundle of hollow energy, busy among people but devoid of life. I must learn when to retreat like Jesus and experience the recreating power of God."

Q5: Read Psalm 62. How do the words of David connect to your experience? What is it about the Lord in this passage that gives you hope and strength?

Q6: If you were to implement a time of solitude into your life this week, what would it look like? Where might you go? What do you think you might fill your time with? Ask someone to pray with you and for you regarding your time of solitude.