

Spiritual Disciplines: Silence and Solitude

Psalm 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Silence: The discipline of silence is the voluntary and temporary abstention from speaking so that certain spiritual goals might be sought.

Solitude: The spiritual discipline of voluntarily and temporarily withdrawing to privacy for spiritual purposes.

Why Should We Practice The Discipline of Silence and Solitude?

I) To Follow Jesus' Example

Matthew 4:1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

Matthew 14:23 And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

Mark 1:35 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

Luke 4:42 And when it was day, he departed and went into a desert place: and the people sought him, and came unto him, and stayed him, that he should not depart from them.

II) To Hear God's Voice Better

1 Kings 19:11-13 And he said, Go forth, and stand upon the mount before the LORD. And, behold, the LORD passed by, and a great and strong wind rent the mountains, and brake in pieces the rocks before the LORD; but the LORD was not in the wind: and after the wind an earthquake; but the LORD was not in the earthquake: 12 And after the earthquake a fire; but the LORD was not in the fire: and after the fire a **still small voice**. 13 And it was so, when Elijah heard it, that he wrapped his face in his mantle, and went out, and stood in the entering in of the cave. And, behold, there came a voice unto him, and said, What doest thou here, Elijah?

Habakkuk 2:1 I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reproved.

Galatians 1:17 Neither went I up to Jerusalem to them which were apostles before me; but I went into Arabia, and returned again unto Damascus.

III) To Express Worship To God

Psalm 46:10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Habakkuk 2:20 But the LORD is in his holy temple: let all the earth keep silence before him.

Zephaniah 1:7 Hold thy peace at the presence of the Lord GOD: for the day of the LORD is at hand: for the LORD hath prepared a sacrifice, he hath bid his guests.

IV) To Express Faith In God

Psalm 62:1-2 Truly my soul waiteth upon God: from him cometh my salvation.² He only is my rock and my salvation; he is my defence; I shall not be greatly moved

- Waiteth = dumiyyah (Doo-mee-yaw) – A quite waiting, silence

Psalm 62:5-6 My soul, wait thou only upon God; for my expectation is from him.⁶ He only is my rock and my salvation: he is my defence; I shall not be moved.

Isaiah 30:15 For thus saith the Lord GOD, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

Psalm 91:1-5 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.² I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.³ Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.⁴ He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.⁵ **Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;**

How Can You Apply The Discipline Of Silence And Solitude In Your Life?

I) Improve The Moment (One Minute Retreats)

- a. List some potential one minute retreats in your life
- b. _____
- c. _____
- d. _____

II) Set A Goal of Silence And Solitude

- a. What time works best for you to have alone time with God?
- b. _____

III) Try And Get Away

- a. What are some places you can escape to every now and then for some real silence and solitude?
- b. _____
- c. _____
- d. _____
- e. Is there anyone in your life that could help you out with kids to give you some time of silence and solitude?
- f. _____
- g. _____