

The Spiritual Disciplines of Solitude and Silence

Main Idea: We remove ourselves from all people and distracting noise in order to hear God better.

INTRODUCTION:

I. Some Biblical examples of practicing solitude and silence

A. Moses- forty days on Mt. Sinai

B. Jonah in the belly of the fish.

⁵ "Water encompassed me to the point of death. The great deep engulfed me, Weeds were wrapped around my head. ⁶ "I descended to the roots of the mountains. The earth with its bars *was* around me forever, But You have brought up my life from the pit, O Lord my God. ⁷ "While I was fainting away, I remembered the Lord, And my prayer came to You, Into Your holy temple. ⁸ "Those who regard vain idols Forsake their faithfulness, ⁹ But I will sacrifice to You With the voice of thanksgiving. That which I have vowed I will pay. Salvation is from the Lord." ¹⁰ Then the Lord commanded the fish, and it vomited Jonah up onto the dry land. Jonah 2:5-10 (NASB)

C. Jesus

- Before his public ministry- Matt. 4:1-3

¹ Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after He had fasted forty days and forty nights, He then became hungry. Matthew 4:1-2 (NASB)

- After a long day- Mark 1:32-35

³² When evening came, after the sun had set, they *began* bringing to Him all who were ill and those who were demon-possessed. ³³ And the whole city had gathered at the door. ³⁴ And He healed many who were ill with various diseases, and cast out many demons; and He was not permitting the demons to speak, because they knew who He was. ³⁵ In the early morning, while it was still dark, Jesus got up, left *the house*, and went away to a secluded place, and was praying there. Mark 1:32-35 (NASB)

- Before choosing the twelve- Luke 6:12-13

¹² It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God. ¹³ And when day came, He called His disciples to Him and chose twelve of them, whom He also named as apostles: Luke 6:12-13 (NASB)

- Gethsemane before the cross

D. General exhortations from Scripture.

¹My soul *waits* in silence for God only; From Him is my salvation. ²He only is my rock and my salvation, My stronghold; I shall not be greatly shaken. Psalms 62:1-2 (NASB)

¹Guard your steps as you go to the house of God and draw near to listen rather than to offer the sacrifice of fools; for they do not know they are doing evil. ²Do not be hasty in word or impulsive in thought to bring up a matter in the presence of God. For God is in heaven and you are on the earth; therefore let your words be few. Ecclesiastes 5:1-2 (NASB)

²⁴"The Lord is my portion," says my soul, "Therefore I have hope in Him." ²⁵The Lord is good to those who wait for Him, To the person who seeks Him. ²⁶*It is good that he waits silently For the salvation of the Lord.* Lamentations 3:24-26 (NASB)

²⁰"But the Lord is in His holy temple. Let all the earth be silent before Him." Habakkuk 2:20 (NASB)

II. What do solitude and silence accomplish?

A. They make _____ for me to _____.

B. They can build _____.

C. They help me build _____ and to resist _____.

III. Some suggestions for practicing this discipline.