



### Pause

#### Solitude (Mark 1:32-39)

By Pastor David Hillis, 23 February 2014

**Big Idea: There is no substitute for solitude. Solitude is essential in the believer's life to hear the voice of God over the noise of the world.**

"Into Great Silence" - watch the film online at: <http://documentarystorm.com/into-great-silence/>

#### Jesus pauses for solitude

- This is how Jesus knew how to respond to the will of God for His life: He went away to a solitary place. A place of solitude. A place where He could get away from the noises of the world and the people who, even with the best of intentions, might keep Him from hearing the still, small voice of God.

#### Jesus sets the example for us to make space for solitude:

- Matthew 14:13: after traumatic news, Jesus' response was to go and be alone with God.
- Matthew 14:22-23: after a demanding day of work/ministry, Jesus' first response is to get away and be with God.
- Luke 5:15-16: as Jesus' work became more successful, rather than working harder or "smarter" He "often withdrew to lonely places and prayed".
- Luke 22:39: Jesus had a frequent spot to be alone with God.
- Luke 6:12: there were times Jesus spent the whole night alone with God.
- Matthew 4:1-2: when Jesus made a big life change, He took over a month to be alone with God and get direction.

#### Other examples from Scripture:

- Elijah stood on Mt. Horeb, where he heard the gentle whisper of God's voice. (1 Kings 19:11-13)
- Habakkuk stood on the guard post and kept watch to see what God would say to him. (Habakkuk 2:1)
- Paul spent some three years in varying degrees of solitude being prepared by the Lord for ministry. (Galatians 1:17-19)
- Isaiah was both saved and sustained by God through his times of solitude with the Lord. (Isaiah 30:15)
- David says that in solitude, God calmed his fears and encouraged his soul. (Psalm 62:1-2, 5) Psalms 62 & 63 call us to find moments of solitude to rest in God and seek Him.

#### Church father Martin Luther on solitude:

- "I have so much to do that I shall spend the first three hours of my day in prayer."
- "To be a Christian without prayer is no more possible than to be alive without breathing."
- "The fewer the words, the better the prayer."

#### Closing questions about solitude:

1. *Do you have a regular time of solitude in your life to be with God? When is it?*
2. *What causes you to skip those times? Is there anything you need to do to prevent that?*
3. *What happens to me (how am I different) when I don't have those consistent times of solitude?*
4. *What have you found in the past that helps you the most to have times of solitude that are most helpful? Beneficial?*
5. *Is there anyone you can talk to to get further ideas on how to have times of solitude that really are helpful?*