

February 4th, 2018

# SPIRITUAL DISCIPLINES

## Silence and Solitude

Terry Baldwin



[ TITLE SLIDE: ] Spiritual Disciplines..... TODAY **SILENCE & SOLITUDE**



[ 2 FUNNY PICTURE SLIDES ]



**SILENCE & SOLITUDE**

### How many of you Like Peace and Quiet?

- Do you really?
- Ok, For the next 5 minutes we'll be perfectly still and quiet.
- Some of us would shutter at the thought of absolute silence even for 1 minute



[ VIDEO: Coffee with Jesus ]

### We have become a culture with an Aversion to Quietness

- **So many things Begging for our Attention**
  - Our Children want our Attention.
  - The Boss wants to talk to us
  - Phones constantly ringing
  - When you leave the house.. you carry one with you
- **We have every convenience to Fill our Ears and Eyes with NOISE!**
  - TVs and LAPTOPS fill our eyes with unnecessary noise
  - Can't have a Meal Out without MUSIC or TV
  - RADIOS... are in our Cars / Phones / iPods

- We leave T.V. & Radio on to “Keep Us Company”
- We fall asleep to Noise..... Even WHITE NOISE!
- Our fear of being ALONE drives us to noise and crowds

...But Noise, Crowds & Busyness Drown out God in our Lives

---

## How is Silence & Solitude a Spiritual Discipline?

Just as FASTING is abstaining from Food for spiritual purposes.....



**Solitude & Silence is Withdrawing Ourselves from People and Distractions for PRIVACY WITH GOD**

- Enable you to Fellowship with God the Father

**As Charismatic Christians, We want to hear God speak to us....**

- In the **THUNDER** / In His **POWER** / In the **MIRACLES** / **SPECTACULAR**

## Story of God speaking to Elijah



[ 1 Kings 19.11-13 NLT ]

*“Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. 12 And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. 13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, “What are you doing here, Elijah?”*

God was NOT in the spectacular.... but revealed Himself in the Quiet Whisper

- God can speak to us in these times...
- God also calls us to... *“Be still and know that I am God” - Psalms 46.10*

- God does not want a relationship where He has to yell at us to get our attention

God desires ALONE TIME WITH YOU

I never thought of Silence & Solitude as that IMPORTANT...

But when we look at Jesus' life.... it's was **VITAL S.D.**

Silence & Solitude were a **REGULAR** pattern in Jesus' life

- Throughout Jesus' ministry of Preaching, Healing, and Discipling, He would withdraw from the crowds again and again
- Often getting up very early – in order **to be QUIET and ALONE** with the Father

We'll read three brief passages:



[ Mark 1.35-36 NIV ]

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. 36 Simon and his companions went to look for Him, and when they found Him, they exclaimed: "Everyone is looking for you!"*



[ Mark 6.30-31 NIV ]

*The apostles gathered around Jesus and reported to Him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with me by yourselves to a quiet place and get some rest."*



[ Luke 5.15-16 NIV ]

*...the news about Him spread all the more, so that crowds of people came to hear Him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.*

**These were NOT JUST Down Times for Jesus....**

- He wasn't just napping... it was PURPOSEFUL
- Had to CARVE OUT TIME....
- Nor did Jesus get away by Himself just to "Get away from people".....

**He used time as a way of Drawing Closer to God**

## TIMES JESUS EXERCISED SILENCE & SOLITUDE

### 1. Right before Started His ministry



[ Matthew 4.1-2 NLT ]

*Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. 2 For forty days and forty nights he fasted and became very hungry.*

- Wilderness... Jesus experienced **Silence** and **Solitude**
- Jesus did not have the amenities live a home; living a life of **Simplicity**
- **Fasting** and **Praying** to God the Father

Luke's account said that:

- *Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness...*
- *Jesus returned to Galilee in the **power** of the Spirit*

.....This also gave Jesus strength to RESIST the devil

### 2. Needed to be Spiritually Restored



[ Matthew 14.23 NIV ]

*After he had dismissed them, ( after teaching & feeding thousands) he went up on a mountainside by himself to pray. Later that night, he was there alone*

- Spiritually Recharging Himself
- As Jesus' popularity increased – so did the demands placed upon Him

[ Luke 4.42 NIV ]

*people were (always) looking for him.... trying to keep him from leaving them.*

- The busier YOU get, the more YOU need to withdraw for periods of silence and solitude

In Luke 5... Jesus heals a man who was "full of leprosy" then warns him not to tell anyone



[ Luke 5:15-16 NIV ]

*Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.*

- We see in scripture a rhythm for Christians / **INVOLVEMENT & SEPARATION**

Jesus exercised Silence & Solitude when...

### 3. **Making Important Decisions**



[ Luke 6.12-13 NIV ]

*One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles*

- You may need clarity on a matter
- Muddy waters become clear, only when it is still for a while

Jesus exercised Silence & Solitude when...

### 4. **Dealing with Grief**



[ Matthew 14:10-13 NLT ]

*...John (a relative of Jesus) was beheaded in the prison, 11 and his head was brought on a tray and given to the girl, who took it to her mother. 12 Later, John's disciples came for his body and buried it. Then they went and told Jesus what had happened. 13 As soon as Jesus heard the news, he left in a boat to a remote area to be alone.*

- We need His strength and support as we travel through “the valley of the shadow death.”
- It was true of Jesus

### 5. **Helps Us to Hear The VOICE Of God**



[ Matthew 6.6 NLT ]

*But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.*

[ John 10:27 NIV ]

*My sheep listen to my voice; I know them, and they follow me.*

---

## Getting Started practice Silence & Solitude

- Find a **PLACE** where you will not Hear or See Anything or Anyone
  - Closet / Car in garage / Basement / Private Room
- Find a **TIME** when you can be Alone
  - Early morning / After everyone is in Bed / Lunch time
  - Start with 10 minutes of Quiet Time, you'll find that you **want** more time
- **Start out your Quiet Time by....**
  - Reading and Meditate on Scripture
  - Worshipping God
  - PRAY\_\_\_ then Quietly listen for God
  - Recognize God's presence with you

To get Started....

- **Try a 3 day Fast of Every modern device made to produce Sound**
  - When you Fast these.... get alone and pray
  - Ask God questions:
    - How can I love You deeper?
    - Where do I need to grow?
    - What is it I do that breaks Your heart?

**NOTE:** When you first practice Silence and Solitude, expect to meet God,  
BUT also expect to meet resistance from enemy!

**Remember...**

## It's God's Plan for us, through these Spiritual Disciplines,

to be conformed to the image of his Son, Jesus - Romans 8.29

## God can be your refuge, He can be your strength

but only if you stop long enough to let Him speak.

- Psalms 62.5\_\_ Let all that I am wait quietly before God, for my hope is in him
- Psalms 23\_\_ The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul
- Lamentations 3\_\_ The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.
- Isaiah 30.15\_\_ Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength
- Psalms 4.4\_\_ when you are on your beds, search your hearts and be silent.



[ TITLE SLIDE: ] \_\_\_\_\_

## CLOSE WITH THIS SCRIPTURE

- Matthew 11:28 (MSG)\_\_\_ "Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest."

## We HAVE to set apart a TIME and PLACE to commune with God

---



---

END:

**In solitude and silence you're learning to stop doing, stop producing, stop pleasing people, stop entertaining yourself, stop obsessing — stop doing anything except to simply be your self before God and be found by him.**

---

COMMUNION lead by MIKE ZIADEH