

Pursuing Intimacy with God

Silence and Solitude



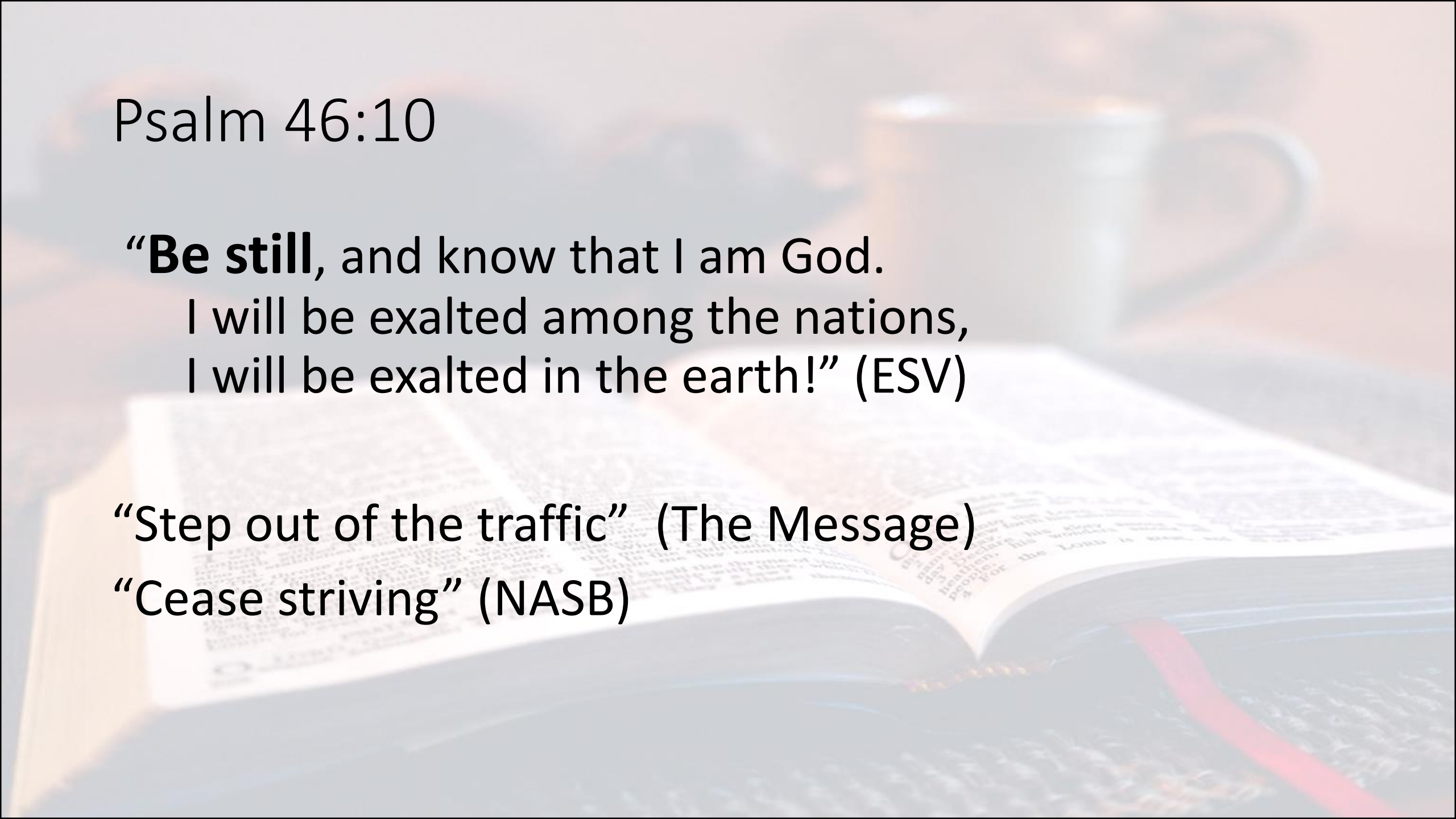
Silence and Solitude

Silence – absence of noise

Quieting our hearts and our minds before God.

Solitude – absence of people

Intentional time spent alone with God.



Psalm 46:10

“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!” (ESV)

“Step out of the traffic” (The Message)

“Cease striving” (NASB)

Psalm 62:1, 5-7

1 For God alone **my soul waits in silence**;
from him comes my salvation.

For God alone, O **my soul, wait in silence**,
for my hope is from him.

He only is my rock and my salvation,
my fortress; I shall not be shaken.

On God rests my salvation and my glory;
my mighty rock, my refuge is God.

Old Testament Examples

Moses (Exodus 33:7, 11)

Elijah (1 Kings 19)

David (Psa 23:2-3)

“He leads me beside still waters.
He restores my soul.”

Jesus' Example

Luke 5:16 ESV

But he would withdraw to desolate places and pray.

Mark 6:31 ESV

And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.

Why are Silence & Solitude Important?

They prepare our hearts to hear from God.

They help us shut out the many voices to hear our Father's voice.

They help us put aside the many demands/expectations to hear from our Master.

What Steps Can I Take to Practice?

- Put it on your schedule.
- Withdraw from others.
- Turn off media
 - TV – entertainment; news...
 - Social Media (Facebook, twitter, snapchat...)
- Turn off the notifications
- Quiet Your Mind
 - Keep note paper handy.

What Steps Can I Take to Practice?

- Develop Attentiveness to God
 - “Be Still and Know That I Am God” – Psa 46:10
 - David – Psalm 139:23-24

Search me, O God, and know my heart!

Try me and know my thoughts!

And see if there be any grievous way in me,
and lead me in the way everlasting!

- Isaiah “Here am I Lord” (Isa 6:8)