



## WEEK 6: ABIDING THROUGH SOLITUDE

### THE BIBLICAL FOUNDATION OF ABIDING THROUGH SOLITUDE

**THE EXAMPLE OF JESUS:** Mark 1:35, Luke 5:15-16, and Matthew 14:13

**THE TEACHING OF JESUS:** Mark 6:30-32 and Matthew 11:28-30

### THE PRACTICAL PATHWAY OF ABIDING THROUGH SOLITUDE

“If our soul is going to thrive in awareness of God’s grace, if our lives are to be empowered to love others with purpose and power, if our ears are going to hear the whisper of God’s Spirit which leads us into a life of abundance, we need some barrier between us and the wall of sound to help us stay grounded in the life of God. This is what silence is about: it’s about establishing time and space to encounter the reality of God in the inner quiet of our hearts.” (Brandon Cook, Learning to Live and Love Like Jesus)

#1 - Find ways to pursue this discipline in the \_\_\_\_\_.

- \_\_\_\_\_ Retreats
- \_\_\_\_\_ Sabbaths
- \_\_\_\_\_ / \_\_\_\_\_ Retreats

#2 - Engage \_\_\_\_\_ to solitude and silence.

- \_\_\_\_\_ our senses
- \_\_\_\_\_ our senses (Psalm 19:1-4; Matthew 6:25-34)

#3 - Find what you use to distract yourself and \_\_\_\_\_.