



Be Like Jesus
Pastor Derrick Shields
“Silence and Solitude”
June 30, 2024

Key Verses: Psalm 46

Key Thought: Be still and know that I am God.

Points to Consider:

- What if we don’t experience the transformative power of God’s love for us because we just can’t sit still long enough?
- “In contemporary society our adversary majors in three things: noise, hurry, and crowds. If he can keep us engaged in ‘muchness’ and ‘manyness’ he will rest satisfied.” (Richard Foster, *Celebration of Discipline*)
- Silence and Solitude: An intentional time in the quiet to be alone with God.
 - i. Silence and Solitude open us up to the other spiritual disciplines.
 - ii. If we can’t get this right, the other disciplines don’t stand a chance.
- God speaks in a “still, small voice” (1 Kings 19:11-13).
- Jesus pursued silence and solitude.
 - i. Matthew 4:1-4, 14:22-23, Mark 1:35-39, Luke 5:12-16
 - ii. The busier Jesus got, the more he withdrew to his quiet place alone to pray. And yet, when *we* get busy, we tend to neglect time with God.
- Why we need Silence and Solitude
 - i. It allows us to abide in Jesus.
 - ii. It compels us to trust the Lord.
 - iii. It shows us our heart.
 - iv. It is where we are met with the love and grace of Jesus.
- Jesus wants to be with you. Will you make time for him?

Discussion Prompts:

- What does silence and solitude look like for you right now? What do you want it to look like?
- In your life, what is the most common obstacle that prevents you from pursuing silence and solitude?
- What is one practical step you can take out of the “muchness and manyness” described by Richard Foster, and into silence and solitude with God?