

Mark 1:35-45

³⁵ 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, ³⁷ and when they found him, they exclaimed: “Everyone is looking for you!”

³⁸ Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” ³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

⁴⁰ A man with leprosy came to him and begged him on his knees, “If you are willing, you can make me clean.”

⁴¹ Jesus was indignant. He reached out his hand and touched the man. “I am willing,” he said. “Be clean!”

⁴² Immediately the leprosy left him and he was cleansed.

⁴³ Jesus sent him away at once with a strong warning: ⁴⁴ “See that you don’t tell this to anyone. But go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them.” ⁴⁵ Instead he went out and began to talk freely, spreading the news. As a result, Jesus could no longer enter a town openly but stayed outside in lonely places. Yet the people still came to him from everywhere.



Silence & Solitude

10/11/2026

Mark 1:35-45

SOME DEFINITIONS

The habit of **SILENCE** is the voluntary and temporary abstention from _____ so that certain _____ goals might be sought.

The habit of **SOLITUDE** is the voluntary and temporary withdrawing to _____ for spiritual purposes.

A LOOK AT JESUS' LIFE

- We see the richness of his _____ with God.
 - The supreme _____ of prayer.
 - The dynamic core to what prayer really is? It's all about _____.
- We see the richness of his _____ to others.
- We see the richness of his _____ and _____.

Are you willing to be like the _____? *This act is the heart of all silence and solitude.*

SILENCE AND SOLITUDE IN JESUS' LIFE

1. Solitude at the beginning of _____. (Matthew 4:1-2)
2. Solitude before making important _____. (Lk 6:12-13)
3. Solitude at the _____ of a close friend. (Matt. 14:10-13)
4. Solitude at the pressure of _____. (Matt. 14:23)
5. Solitude before the daily _____ of life. (Luke 5:15-16)
6. Solitude before significant _____. (Matthew 17:23)
7. Solitude before facing _____. (Matthew 26:36)

Valuable Reasons for Silence & Solitude

To Follow Jesus Example

- Matthew 4:1, Matthew 14:23, Mark 1:35, Luke 4:42

To Minimize Distractions in Prayer

- 1 Kings 19:8, 11-13, Habakkuk 2:1

To Express Worship to God

- Habakkuk 2:20, Zephaniah 1:7, Zechariah 2:13

To Express Faith in God

- Psalm 62:1-2, 5-6, Isaiah 30:15

To Seek the Salvation of the Lord

- Lamentations 3:25-28

To Be Physically and Spiritually Restored

- Mark 6:31

To Regain a Spiritual Perspective

- Luke 1:20, 63-64

To Seek the Will of God

- Luke 6:12-13

To Learn Control of the Tongue

- James 1:19, 26, Proverbs 17:27-28

Suggestions for Silence & Solitude

“Minute” or “Mini” Retreats

- Find ways to turn the routine into the holy, to “improve” a stray minute here or there, even in the busiest of days, by repurposing it as a “minute/mini retreat.”

A Goal of Daily Silence and Solitude

- “Those who practice silence and solitude well on an everyday basis are more likely to discipline themselves to enjoy them on an occasional basis...”

Getting Away for Solitude and Silence

- “Getting away” for an extended time of silence and solitude may be nothing more than finding an empty room in your home, or the church building in which you can spend a few hours. Or it may involve spending a night or a weekend at a retreat center, or Airbnb, or friend’s guest room, or campground.

Find Special Places

- AW Tozer used a furnace closet; Susanna Wesley hid under her Apron so her kids would leave her alone. Others have a favorite walking route, or hike, or quiet perch. These familiar beloved places can feel safe and familiar, and usher you into God’s presence.

Trade Off Daily Responsibilities

- Take over the home-tasks (meals, kids, chores) for a spouse, roommate or friend, so they can have a few hours, or a day, alone with God. And let them do the same for you!