

## Mark 1:35-45

<sup>35</sup> 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. <sup>36</sup> Simon and his companions went to look for him, <sup>37</sup> and when they found him, they exclaimed: “Everyone is looking for you!”

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

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

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

<sup>42</sup> Immediately the leprosy left him and he was cleansed.

<sup>43</sup> Jesus sent him away at once with a strong warning: <sup>44</sup> “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.” <sup>45</sup> 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.



Get Quiet, Get Alone

Mark 1:35-45

4/29/2018

### SOME DEFINITIONS

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

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

### A LOOK AT JESUS' LIFE

1. We see the richness of his **INTERIOR LIFE** with God.
  - The supreme **PRIORITY** of prayer.
  - The dynamic core to what prayer really is? It's all about **ORIENTATION**.
2. We see the richness of his **EXTERNAL MINISTRY** to others.
3. We see the richness of his **CHARACTER** and **POWER**.
  - When you come to Jesus, *without condition*, then you will see the scandalous offer of his *unconditional love*, and it will change you.

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

### SILENCE AND SOLITUDE IN JESUS' LIFE

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

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## GROWTH GROUP DIGGING DEEPER QUESTIONS

To catch the weekend message, go to: [MissionTrailsChurch.com](http://MissionTrailsChurch.com) or the [MTC App](#).

### ANNOUNCEMENTS

- **Parent / Child Dedication** – May 13
- **Baptism Celebration** – May 20
- **Amor House-building trip** – July 19-21

### DIGGING DEEPER

1. **Was there anything from the sermon that stood out to you as helpful? Important? Confusing? Frustrating?**

2. Read the following scripture passages together for a few examples of Jesus use of silence and solitude: [Matthew 4:1](#), [Matthew 14:22-23](#), [Mark 1:35-45](#), [Luke 4:40-44](#)

**How do you see Jesus using silence and solitude in his life? Why do you think this is?**

3. **How does silence and solitude enable what is described in [Psalm 139:23-24](#)?**

4. Here are the definitions we used on Sunday:

*The habit of **SILENCE** is the voluntary and temporary abstention from **speaking** so that certain **spiritual** goals might be sought. The habit of **SOLITUDE** is the voluntary and temporary withdrawing to **privacy** for spiritual purposes.*

**Do you see other examples in the scriptures of these habits being used for these purposes?**

### GETTING PERSONAL

5. Here is a list of valuable reason for silence and solitude. **Are there any of these that you've used...and how did it go? Are there any that you're needing to use in your life right now?**

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

### BRINGING IT HOME

6. **How can you incorporate rhythms of silence and solitude into your life, and how do you think the Holy Spirit will use this in your life as you train under Jesus?**

**What barriers do you have to using these spiritual habits?**

### PRAY TOGETHER