

- Spiritual disciplines are ACTIONS that you do to strengthen your faith
- All Christians should be exercising these disciplines in some shape or form if they are to claim that they are indeed Christ-followers
- Starting a relationship is just the beginning by introducing yourself - it takes time and work to grow that relationship
- Don't stay in the kiddie pool of faith
- **What is solitude?**
- Spending time with God
- Requires planning and intention - I'm going to practice solitude and put my focus on God rather than the distractions of the World not only because He deserves it, but because it's needed due to the complexity of God
- **Psalm 46:10**
- The act of being still and using the peace that God gives in order to focus on Him - allow God to give you rest, comfort and calm
- Doesn't require silence or being alone - but sometimes it helps!
- How many of you have a spot either in your house or somewhere outside where you go to *intentionally* be alone with God?
- Laura's spot in Lynchburg - She shared that spot with me when we were dating
- **You don't need to isolate yourself from people or society in order to practice solitude**
- Isolation is the enemy of solitude
- **It can make you feel safe, but only for a little while as some of you may have experienced due to COVID...**
- Sometimes isolation can feel comfortable - don't want to get hurt
- Independence is not always a good thing - should be dependent on God
- Isolation is rejecting the need for community and relationships
- We were CREATED for RELATIONSHIPS
- **Matthew 26:36-46**
- There are many examples of solitude in the Bible from Moses, Jacob, Elijah, Paul, but the best examples come from Jesus Himself
- **Gethsemane**
- Jesus practiced solitude every day and practiced it at this crucial moment before His death on the cross
- **Matthew 6:5-6**
- When explaining prayer, Jesus stresses the importance of prayer in solitude and not using prayer as a way to brag - not trying to put on a show
- **Philippians 4:8**
- **Meditation**
- The complexity of faith and the mystery of God requires time to understand
- The average person thinks of meditation as **Eastern meditation**
- Traditional practice of Eastern religions such as Buddhism, Taoism, Hinduism
- Goal to empty the mind and separate from worldly possessions
- Problem is that our mind will fill back up
- **Biblical meditation** requires us to fill that mind up with scripture and Godly teachings
- Creates space for God to fill
- Reading and memorizing scripture
- **When you're alone with God, that's when the real work happens..**
- You're confronted with your sin and gives you an opportunity to repent of that sin
- Vulnerable, no distractions to keep your attention away from a real conversation with God

Check out these links:

[Biblical Meditation](#)

[Living Through Pain | Real Talk: Leader Edition | Elevation YTH](#)

