Solitude & Simplicity

Mark 1:32-37

Solitude

Not isolation or seclusion - a time to "replenish your spirit, allowing you to serve others from the overflow. You cannot serve from an empty vessel."

Jesus sought solitude repeatedly in scripture - Mark 1, 4; Matthew 4, 14

Solitude is accompanied by Silence

James 1:19; 3:8; Proverbs 17:28

Solitude is accompanied by Stillness

Psalm 46:10; 1st Kings 19:9f

When is the last you...

Binged watched/scrolled...

STOPPED all of the busy-ness...

Simplicity

Luke 16:13 - pulled in multiple directions

Purity of Heart - Matthew 5:8

Simplicity isn't about the clutter in our homes or on our calendars. No, it's about the clutter in our hearts.

CHALLENGE - 1. Find 10 minutes each day of silent, still solitude. 2. What can you say "No" to this week; declutter.