



## Solitude: The Habit That Will QUIET Your Heart.

*“What do people get for all the toil and anxious striving with which they labor under the sun? <sup>23</sup>All their days their work is grief and pain; even at night their minds do not rest. ...”*  
(Ecclesiastes 2:22-23 NIV)

**If you want to change your LIFE, change your habits.  
If you want to change your habits, let God change your HEART.**

### 1. You can't busy your way to \_\_\_\_\_.

*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!”*  
(Mark 1:35-37 NIV)

### 2. \_\_\_\_\_ withdrew:

- Before starting His ministry. (Luke 4:1-2, 14-15)
- Before making important decisions. (Luke 6:12-13)
- After a long, hard day of work. (Matthew 14:23)
- After ministering to lots of people. (Luke 5:15-16)
- After losing a close friend. (Matthew 14:10-13)

**There is no such thing as INTIMACY without intentionality.**

### 3. You Cannot \_\_\_\_\_ What You Do Not Have.

*Jesus said; “Here’s what I want you to do: (When you pray) Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.”*  
(Matthew 6:6 MSG)

### 4. How to be continuously \_\_\_\_\_ with the Holy Spirit. (Ephesians 5:18)

- Seek God in His WORD.
- \_\_\_\_\_ for what God says.
- Journal what God shows you: S.O.A.P.
- \_\_\_\_\_ on His faithfulness.
- WORSHIP Him for who He is and what He’s done.
- \_\_\_\_\_ in His presence for as long as you can.

**ADMIT** it to God

**COMMIT** it to God

**SUBMIT** it to God

**RECEIVE** Freely

## Talk it Over

1. What is the Holy Spirit speaking to you through today's message?
  2. Read **Matthew 6:6 MSG**. What are some reasons why Jesus might have given us these specific directions?
  3. Share about a time when you intentionally slowed down to spend time with God. What did that experience teach you about the importance of slowing your mind?
  4. Talk about what your average day looks like. How are you currently slowing down to connect with God, and what's one step you can take to create more space for Him in your day-to-day routine?
  5. Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: [www.go2.lc/simplify](http://www.go2.lc/simplify)
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Next Week

### **Special Guest Speaker**

**Caleb Villalobos**

## UPCOMING EVENTS

### FEBRUARY

FRIDAY  
7

#### **Operation Christmas Child Information Meeting**

6pm in the Worship Center

### **Small Groups**

**Life change happens in  
small groups!**

Scan this QR code to see all  
the groups offered for this  
cycle!



The graphic features a world map in the background. Overlaid on the map is the text "BOTH & THE NATIONS" in a large, serif font. The word "BOTH" is in blue, and the word "THE NATIONS" is in blue. A large, orange ampersand "&" is positioned between "BOTH" and "THE NATIONS". Above the ampersand, the text "ROC 2025" is visible. Below the main text, the dates "FEB 28-MAR 2" are displayed in blue, followed by the phrase "SIGN UP TO SERVE" in orange. A QR code is located in the bottom left corner of the graphic.

You were made to change the world – We are here to help.  
[sanford.manna.church](http://sanford.manna.church)