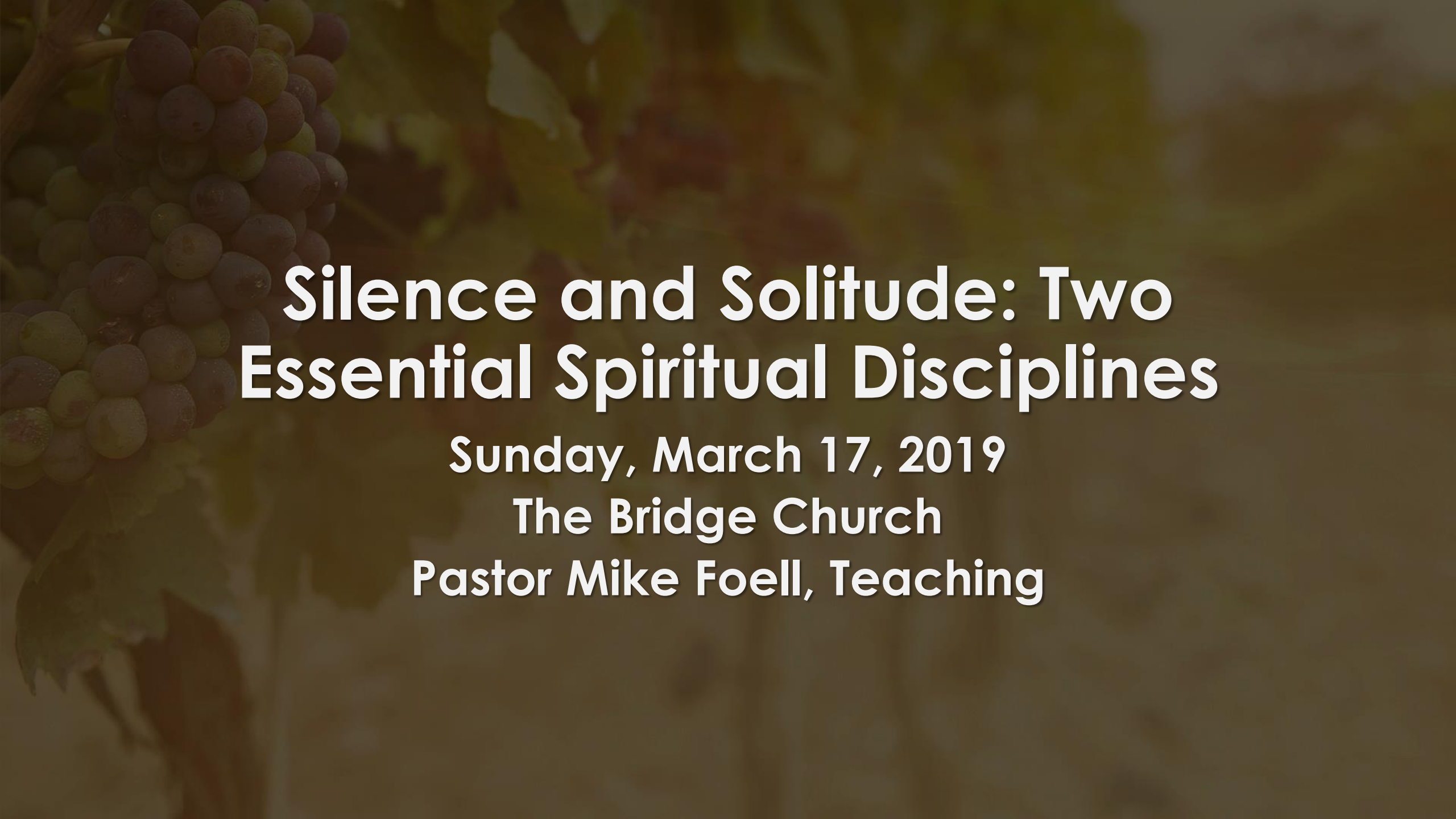




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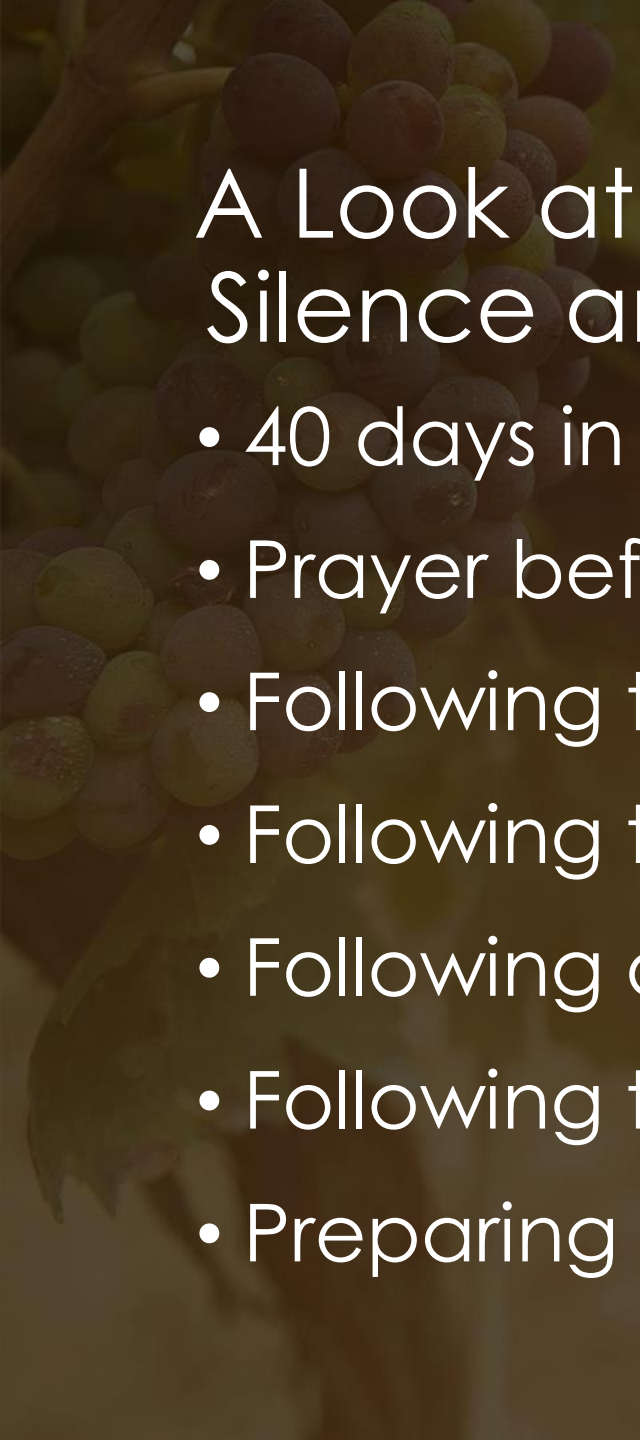


# **Silence and Solitude: Two Essential Spiritual Disciplines**

**Sunday, March 17, 2019**

**The Bridge Church**

**Pastor Mike Foell, Teaching**



## A Look at the Master: Jesus and His Practice of Silence and Solitude (Selected Scripture)

- 40 days in the wilderness (Matt. 4:1-11)
- Prayer before calling the twelve (Luke 6:12)
- Following the death of John (Matt. 14:13)
- Following the feeding of the multitudes (14:23)
- Following a long day of ministry (Mark 1:35)
- Following the 12 returning from mission (Mark 6:31)
- Preparing for His death (Matt. 26:36-46)



# Silence and Solitude: Making Space for God

- "Loneliness in inner emptiness. Solitude is inner fulfillment. Solitude is not first a place but a state of mind and heart." (R. Foster, *Celebration of Discipline*, p. 84)
- "Silence sometimes involves the absence of speech but it always involves the act of listening." (Ibid, p. 86)
- The purpose of silence and solitude is to be able to see and hear.

# The Virtues of Silence and Solitude

- A reminder that we are spiritual being's, not doing's
- An aid for times of private worship (Isa. 30:15; Mk. 1:35)
- Allows for spiritual and physical refreshment (Mk. 6:31)
- Allows for an expression of trust in God (Psalm 62:1-6)
- Allows for seeking God's will (Luke 6:12-13)

# Avoiding Silence and Solitude

- Accustomed to noise
- Our fear of losing control
- Afraid of what we might hear...from ourselves and from the LORD



# Stepping into Silence and Solitude

- Create some space into each day
- Extended Time Along: A “DAWG” day...a day set apart for you and Jesus
- Find a place, make the time, turn off the devices, and find someone to hold you accountable





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