

# Sacred Rhythms

Solitude: Creating Space for God

Mark 1:35-37

Mark 6:30-32

Mark 6:45-46

NRSVUE

*In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you."*

- Mark 1:35-37

*The apostles gathered around Jesus and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.*

- Mark 6:30-32

*Immediately he made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. After saying farewell to them, he went up on the mountain to pray.*

- Mark 6:45-46



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Solitude: Creating Space for God

Solitude

“Solitude is a place. It is a place in time that is set apart for God and God alone, a time when we unplug and withdraw from the noise of interpersonal interactions, from the noise, busyness and constant stimulation associated with life in the company of others.”

- Ruth Haley Barton



*The apostles gathered around Jesus and told him all that they had done and taught. He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat.*

- Mark 6:30-31

*“Come away to a deserted place  
all by yourselves and rest a while.”*

- Mark 6:31

How have I been wanting to be with God,  
and how has God been wanting to be with me?