

GOD SPEAKS
The Spiritual Discipline of Solitude
James 3:1-12
Week 7 August 25, 2024
Pastor Mike Popovich

Jesus calls us from loneliness to solitude.

Jesus lived this inward solitude but He also experienced outward solitude.

SOLITUDE AND SILENCE

Solitude and silence go hand in hand.

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. 10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. 11 Can both fresh water and salt water flow from the same spring? 12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

James 3:1-12 NIV

Out of solitude and silence listening to God we will learn when to speak and when not to speak.

DARK NIGHT OF THE SOUL

The dark night is one of the ways God brings us into a hush, a stillness so that He may work an inner transformation upon the soul.

Everything goes dark so it can wake aligned and ready to go. Every distraction of the body, mind and spirit must be put into a kind of suspended animation before this deep work of God upon the soul can occur.

When God draws you in to a dark night of the soul don't try to break out or blame those around you for your inner feelings. Recognize the dark night for what it is. Be grateful that God is longingly drawing you away from every distraction so that you can see Him clearly.

Who among you fears the Lord and obeys the word of his servant?

*Let the one who walks in the dark, who has no light, **trust** in the name of the Lord and rely on their God.*

Isaiah 50:10 NIV

STEPS TO SOLITUDE

1. Take advantage of little solitudes.
2. Create a quiet place
3. Four times a year spend 3-4 hours reviewing your life goals.
4. Keep a Journal

The fruit of solitude is increased sensitivity and compassion for others.

Solitude and silence teach me to love my brothers and sisters for what they are, not for what they say.