Finding God in Solitude and Silence

Brent Moody · Luke 5:16

INTRODUCTION

- We struggle to sit in silence or to be alone with nothing occupying our minds or our hands.
- This morning, I want to encourage us to take advantage of those moments of quiet, those moments of silence or solitude.
- As we work through these disciplines, they're not laws. The concept here is things and tools that we can use to grow to become more like Jesus.

1 Solitude and Silence Were Jesus' Regular Rhythm

Luke 5:16; Luke 3; Luke 4

- Luke 5:16 says, but he would withdraw to desolate places.
- He would serve, he would minister, he would heal, he would be surrounded by crowds, and then he would get away by himself. This is his pattern.
- The reality is the busier we are, the more desperately we need solitude and silence.

2 Jesus Taught Solitude and Silence to His Disciples

Mark 6:31; Luke 9:10

- Come away by yourselves to a desolate place and rest a while.
- On their return, the apostles told him all that they had done, and he took them and withdrew apart to a town called Bethsaida.
- You go into your closet and you shut the door where it's quiet and you're alone. And then you can really connect with the Father.

3 An Opportunity for Spiritual Clarity

Mark 1:35–38; Luke 4:42–43

- It opens a door, a pathway for me to have some clear thoughts about what actually matters most in life.
- The noise of the modern world makes us deaf to the voice of God.
- The wilderness helped Jesus stay focused on his mission.
- Let us go on to the next towns that I may preach there also, for that is why I came out.

4 We Learn to Listen to the Voice of God

Hebrews 4:12

- In silence and solitude, we learn to listen to the voice of God.
- It opens up a pathway, a door for Scripture to discern the thoughts and the intentions of our heart, and that can be unsettling.

- For God alone my soul waits in silence. From him comes my salvation.
- When we sit in that moment and we see how big God is and how little I am, that's a faith-building experience.

5 We're Gonna Have to Make Some Specific Plans

- If we actually care about it, we're gonna have to make some specific plans.
- We have to start small. Start with five or ten minutes, maybe once a day at first, or twice a day if you can make that happen.
- You must be willing to put down things that matter to you to prioritize this, or you will never make it happen.
- You are probably so busy you don't have time not to do it.

6 Obstacles We Have to Accept

- We have to accept that technology is a problem. If you plan to do this with your phone or your iPad, you will fail.
- We just have to accept this is gonna be hard. It's gonna be uncomfortable, it's gonna be painful to force myself to do this.
- Probably the biggest obstacle, and that is that people will constantly try to disrupt you.
- There's a time for everything in life, as the wise man says in Ecclesiastes, and there is a time for silence and solitude.

THE CHALLENGE

If we want to be like him, we can prioritize this. And we can begin to make it happen in our life.

MY NOTES