

HOW-

1. With Faith- Jesus modeled and commanded solitude and silence. You are doing the right thing. He will be with you!
 2. With Intention- listen for God's voice- journal to test the spirits- I Sam 3:10 "Speak, Lord, your servant is listening!"
 3. Start Slow- add 1 minute of silence to your devotions, end of day prayer, etc.
 - Don't start where you should be, but where you are.
 - Don't try to run a marathon if you can't walk a mile. Build yourself up in steps.
 - Expect it to be uncomfortable at first
 - You may first feel very negative emotions- anger, anxiety depression- let it bubble up and take it to Jesus.
 - You may feel nervous, jittery, "itchy"- go ahead, scratch & move- get comfortable.
 4. Get Practical-
 - Turn off the noise
 - Find a place – a chair, closet, room, tree, park, etc.
 - Get regular- "As was His custom" – Lk 22:39
 - Respect the place for yourself and others- Susannah Wesley- "apron over her head"
 5. Grow – expand, take the practice of solitude and silence further
 - 7x a Day- regular- wake, breakfast, coffee break, lunch, coffee break, supper, bed- Ps 119:164 (drives back & forth to work- try praying out loud, a finger up, a spiritual antenna)
 - Transition times- a project completed, new task, meeting someone- Fred Rogers- "1 minute"
 - Trigger times- anxious, worried, tempted, etc.
 - Extended times- weekly, monthly, quarterly, yearly
- Good habits help us do later what we cannot do now.
- Practice Jesus' silence/solitude habit, & God's voice will get so loud, you'll hear Him in the noise.

❖ **WHAT'S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others! Heavenly Father, slow us down, quiet our anxious spirits, our noisy lives. Help us to hear Your still small voice, Your gentle whisper. Like Jesus, help us to regularly get quiet and alone with You, so that we take You out with us back into the world. So that, we become more like Jesus and bring more to Jesus. I especially hear You saying, ...

FOLLOWING RABBI JESUS- SILENCE & SOLITUDE – 10/2/22

GETTING OUR FEET WET- The Kitchen Table & MLK

DIVING INTO SCRIPTURE- who else found God in the quiet? (and history was changed)

- Gen 24⁶³ Isaac went out to the field one evening to meditate
- Gen 28¹⁶ When Jacob awoke from his sleep, he thought, "Surely the LORD is in this place, and I was not aware of it."
- Ex 33⁷ Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the LORD would go to the tent of meeting outside the camp. ¹⁰ Whenever the people saw the pillar of cloud standing ¹⁰ ..., they all stood and worshiped, each at the entrance to their tent. ¹¹ The LORD would speak to Moses face to face, as one speaks to a friend.
- I Sam 3¹⁰ The LORD came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, Lord, for your servant is listening."
- I Kings 19¹² After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper- a still small voice.
- Ps 131² But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.
- Lk 5¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.
- Lk 22³⁹ Jesus went out as usual to the Mount of Olives, and his disciples followed him. ⁴⁰ On reaching the place, he said to them, "Pray that you will not fall into temptation." ⁴¹ He withdrew about a stone's throw beyond them, knelt down and prayed,

FAST REWIND- "Houston, we have a problem!"

- Sermon 1- Is hurry new? Worse? Dangerous? - Parable of the Banquet, Dan 12, Good Samaritan
- Slowing Tip- Memorize Mt 11:28-30- Come to me, all you who are weary.... Take my yoke upon you... and you will find rest for your souls. My yoke is easy, my burden is light.
- Sermon 2- Jesus' Tips to Martha- slow down, become aware, choose Me – Lk 10
- Slowing Tip- Prayer Experience- Give Jesus your body (head to toe), soul (fruit of the Spirit), and spirit (sitting with Jesus in nature, heaven)- I Thess 5:23-24
- Sermon 3- We have an Enemy- Satan uses hurry to steal the Spirit's fruit- Eph 6, Gal 5
- Slowing Tip- Put on the armor in prayer. Jesus is on the throne. He owns my phone.

SOLUTION

1. Jesus is our model
2. Good habits are our friend. - Good habits help us do later what we cannot do n_____.

JESUS IS OUR MODEL- who used the HABIT OF SILENCE & SOLITUDE

1. Jesus began His ministry with 40 days of solitude- Mt 4:1-11
2. Jesus began His day in solitude before the sun was up- Mk 1:35
3. Jesus spent the night alone before He chose the 12 – Lk 6:12
4. After hearing of John the Baptist’s death, Jesus withdrew to a lonely place- Mt 14:13
5. Jesus often withdrew to lonely places and prayed- even when the crowds came to hear Him and be healed- Lk 5:15-16
6. Jesus went to a lonely place after the feeding of the 5,000 – Mk 6:46
7. Jesus withdrew to a lonely place when they tried to make Him king- Jn 6:15
8. Jesus got alone with His inner 3 on the Mount of Transfiguration- Mt 17:1-9
9. Before His crucifixion, Jesus prayed in the solitude of the Garden of Gethsemane, which was His custom- Mt 26:36-46, Lk 22:39-46, Jn 17
10. Jesus remained silent at His trial when it would have been so easy for Him to speak- Mt 26:63

JESUS’ WAY- FOLLOW ME!

1. Specific Commands- for silence & solitude
 - Jesus told us to pray in the solitude of our closets – Mt 6:6
 - Jesus told His disciples to get away to a lonely place for much needed rest – Mk 6:31
 - Jesus offers rest and peace to our weary souls- Mt 11:28-29
2. The Biggest Command- Follow Me!
 - Jesus tells us to follow Him 21 times-
– Lk 9:23 ²³ Then he said to them all: “Whoever wants to be my disciple (follower) must deny themselves and take up their cross daily and follow me.”
 - Disciple- follower, learner, apprentice- 265x in NT = our identity, our connection and the way to live the Christian life- FOLLOW JESUS!!
 - Jesus offers “on the job training”- watching, learning & practicing skills, habits
3. We’ve missed Jesus’ way- “Follow Me and my habits”
 - The rabbi’s invitation
 - .We can’t experience the life of Jesus without the l_____ of Jesus!
 - We can’t experience the holiness of Jesus without the h_____ of Jesus!

THE HABIT OF SILENCE AND SOLITUDE

WHAT- getting alone & quiet with God and our souls- away from noise distraction, people, busyness, tasks - Ps 131:2

- What’s the difference between solitude and isolation?

SOLITUDE	ISOLATION
Engagement	Escape
Pro-active	Re-active
Healing	Self-protective
Getting filled	Feeling sorry for yourself

WHY- for God’s voice to get so loud in the quiet, we can hear Him in the noise! – Mk 1:35-38

- Not to escape our world, but reenter our world with God’s voice & presence.
- We withdraw from the world, for the world, to bring Jesus’ presence to the world
- Not just for personal therapy & healing but to leave healed and help others.
- “Compassion is the fruit of solitude”- Henri Nouwen

RESULTS OF NO SOLITUDE	RESULTS OF SOLITUDE
Distant from God, self	Close to God, self
Anxiety	Peace
Confusion	Centered
Irritation with others	Compassion for others
Exhausted	Refreshed
Impatient	Patient
No margin	Margin, space, reserve
Sensory overload	Sensory calming
Uncontrolled tongue- gossip, self-justification	Controlled tongue- speaking truth in love

WHEN- often at the beginning & end of day, through the day & night, mini & longer retreats weekly, monthly, seasonally, and yearly. – Ps 119:164, Sabbath, new moon, 3 yearly festivals

WHERE- a lonely, private place, that forms a quiet place in our heart- tent, rooftop, cave, mountainside – Lk 5:16