

SILENCE & SOLITUDE

Mark 1:35-39 & 1 Kings 19:11-13

Awareness

Before listening, reflect:

- How do you respond to times of unanticipated silence? Is your reaction to silence affected by the presence of people (i.e. during a conversation or a worship service as opposed to when you're alone)?
- What is your experience with solitude? Has it been a matter of coincidence or intentional planning? What did you take away from the experience?

The spiritual disciplines of silence and solitude can be described distinctly and practiced individually, however, in personal practice these disciplines are often naturally experienced in tandem. Both disciplines focus on removing distractions to create space for being with God and hearing his still, small voice.

Reflection

- How do the scriptures and culture compare in their perspectives on silence and solitude?
- In segment 2, Scott Hoezee mentions that times of silence & solitude were not purposeless downtime for Jesus; what benefits do you glean for your own relationship with God by observing Jesus' model of silence and solitude?
- Where in your house or place of work could you carve out space for silence and/or solitude? If you can't think of anything, are there any small changes you can make - time of day, rearranging furniture, etc - that might make an existing space more conducive for you?

Related Passages

- **Mark 6:30-31**
- **Ecclesiastes 5:1-7**
- **Matthew 14**
- **Habakkuk 2:20**

Conclusion

In a time of silence and a place of solitude, listen for God. Do not try to empty your mind, rather sift through the thoughts that arise. If you need to write down to-do list items so you don't forget them, do so and return to quiet listening. What rises to the surface or repeatedly returns to your thoughts? How might God be speaking to you through the scripture that comes to mind or what might he be revealing to you about the state of your heart or your relationship with him?

“May the words of my mouth and the meditations of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

<https://groundwork.reframemedia.com/episodes/silence-solitude>

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