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Spiritual Disciplines: Silence and Solitude

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**HANDOUT NOTES**

* **Introduction**

The spiritual disciplines are practices we find in holy Scripture that honor God in our doing and promote spiritual growth in the gospel of Jesus Christ among believers. They are practices or habits that Christians prioritize because it aids us to cling more to Christ and grow in Christlikeness.

**1 Timothy 4:7** (NASB) … discipline yourself for the purpose of godliness

Disciplines are practices. Spiritual disciplines are things you do.

* **Definitions**
* **What is the discipline of silence?**

The discipline of silence is the voluntary and temporary abstention from speaking so that certain spiritual goals might be sought.

**Colossians 3:2** Set your minds on things that are above, not on things that are on earth.

* **What is the discipline of solitude?**

The discipline of solitude is the voluntary and temporary withdrawing of oneself to privacy for spiritual purposes.

* **Why Practice Silence and Solitude?**
* **Because Jesus practiced silence and solitude**

**Matthew 14:22-23** Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone.

**Mark 1:35** And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

**Q16. How should we glorify God?** We glorify God by trusting in Jesus, enjoying Him, treasuring Him, believing His words, obeying His commands, and by showing and telling the world how great He is.

* **To seek God**
* **In prayer**

**Luke 5:16** But he would withdraw to desolate places and pray.

* **In His word**

**2 Timothy 3:16-17** All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

**Jeremiah 9:24** (NKJV) “But let him who glories glory in this, that he understands and knows Me, that I am the Lord exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight,” says the Lord.

* **In decision making**

**James 1:5** If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

**Luke 6:12-13** In these days he went out to the mountain to pray, and all night he continued in prayer to God. And when day came, he called his disciples and chose from them twelve, whom he named apostles

* **Physical restoration**
* **Bodily rest and recuperation**

**Genesis 2:2** And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done.

* **Mental health**

**Mark 6:30-32** The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place 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 desolate place by themselves.

**1 Kings 19:1-8**

* **Spiritual Restoration**
* **Put away worldly matters**

**Donald S. Whitney**: “One of the best ways to step back and get a more balanced, less worldly perspective on matters is through the disciplines of silence and solitude.”

* **Dwell on spiritual matters**

**Habakkuk 2:20** “But the Lord is in his holy temple; let all the earth keep silence before him.”

**Zephaniah 1:7a** Be silent before the Lord God!

**Zechariah 2:13a** Be silent, all flesh, before the Lord.

**Psalm 62:1-2, 5-6** For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken.

**Lamentations 3:25-28** The Lord is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the Lord. It is good for a man that he bear the yoke in his youth. Let him sit alone in silence when it is laid on him.

* **Control of our actions and tongue**

**Ecclesiastes 3:7b** a time to keep silence, and a time to speak

**Proverbs 17:27-28** Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding. Even a fool who keeps silent is considered wise; when he closes his lips, he is deemed intelligent.

* **Tools for Practicing Silence and Solitude**
* **Daily Practices**
* **Minute retreats**
* **Study and prayer**
* **Annual Practices**
* **Men’s and women’s retreats**
* **Vacation**

**2 Timothy 4:7** I have fought the good fight, I have finished the race, I have kept the faith.

* **Conclusion**

Will you aim to seek daily times of silence and solitude?

Will you seek extended times of silence and solitude?

Will you start now?

Will you commit yourself to the disciplines of silence and solitude?