

Experiencing God's Grace: Solitude & Silence

mid-week Lent • Feb 17, 2016

Examples of Jesus taking time for solitude and silence with God:

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.

Mark 6:46 And after he had taken leave of them, he went up on the mountain to pray.

Matthew 14:23 And after he had dismissed the crowds, he went up on the mountain by himself to pray.

Luke 6:12 In these days he went out to the mountain to pray, and all night he continued in prayer to God.

**We experience God's love in the same way Jesus did,
during times of solitude and silence.**

**Deep relationships — with people or God -- need
time of exclusive attention.**

Bible teaches that God is found in quiet:

1 Kings 19:11-13 (NRSV)

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?"

Psalm 46:10 "Be still, and know that I am God.

How to practice a daily quiet time:

**1. Find a regular time/place where you can be alone
– 15 minutes is enough.**

a. morning works

Psalm 5:3 O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.

Psalm 90:14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

b. nighttime works too

Psalm 63:6 When I remember You on my bed, I meditate on You in the night watches,

Psalm 119:148 My eyes anticipate the night watches, That I may meditate on Your word.

**2. Let God speak first! Read about 5 to 20 verses of
the Bible**

Psalm 119:11 I have stored up your word in my heart, that I might not sin against you.

**3. Pray "What is God saying to me, today, through
these words?"**

4. Share with God what's on your heart.

**5. In the quiet, meditate on the words of Scripture,
and your situation.**

**Believe: God promises to love you and speak with
you!**

Proverbs 8:17 ... those who seek me diligently find me.