



## PART 3: SILENCE & SOLITUDE

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### Sermon Notes

Text: Matthew 11:28-30; Luke 5:12-16

#### Intro:

"Hurry is the great enemy of spiritual life in our day" ~Dallas Willard

#### Goals of Apprenticeship to Jesus

1. Be with Jesus
2. Become like Jesus
3. Do what he would do if he were you

*Following Jesus means doing what Jesus did*

"Spiritual Disciplines"

*A spiritual discipline is something I can do, which will enable me to later do something I currently can't do in my own power.*

#### Silence & Solitude

Luke 5:12-16

*The busier Jesus got, the more he prioritized solitude*

Mark 1:35-37

"Lonely places/solitary place/quiet place" = *Eremos* (Greek).

*To unhurry his life, Jesus prioritized spending time in quiet places*

*God speaks in the quiet place*

**1. Silence means shutting off internal and external noise**

**2. Solitude is not the same as isolation**

**3. Beware the silence**

Jesus' weapon against the devil was silence and scripture

2 Corinthians 10:4-5

#### Conclusion:

go to [www.betheltab.ca/thewayofjesus](http://www.betheltab.ca/thewayofjesus)

## Life Group Discussion

### Warm up:

1. Do you have a place you go to experience silence and solitude? Where is it? Why there?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

### Study & Discussion:

1. Read Luke 5:16. Why do you think Jesus spent time in "lonely places" so "often"? What did he do there? What did that do for him? Do you think you spend enough time in lonely places?
2. Are you comfortable or uncomfortable with silence? What goes through your mind when you sit in silence? What's it like when you're alone? Do you crave people and activity, or do you enjoy alone time?
3. Read Matthew 4:1-11. This is a classic example of Jesus' practice of silence and solitude. But Jesus' didn't only hear from God, he heard from Satan in the form of temptation. How did Jesus combat temptation? What did he do? What did he not do? Why does temptation come when we practice silence and solitude?
4. Read 2 Corinthians 10:4-5. Often when we think of Spiritual Warfare, we think of Jesus' encounter with Satan in the wilderness, or demon possession/oppression. But Paul seems to indicate that a lot of spiritual warfare is warfare against "arguments", "pretensions" and thoughts". Have you experienced this? What weapons do we have against those?

### Application:

1. Find a quiet time and place. For some, it's a chair in the living room early in the morning. For others, it may be out in the woods, or a cozy corner of the garden. We need a place of retreat where we can be alone with God uninterrupted.
2. Practice silence. Once you're settled in your quiet place, spend time in complete silence. The goal is merely to be "present" with God. You may find it helpful to set a timer. Start small. Do it for 2-10 minutes. It's easy for your mind to wander in the quiet, so try to focus it by thinking of a scripture verse you know, or picturing an image of Jesus.

### Prayer:

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