Solitude:

**Getting to Know You:**

When is the last time you were alone and it was quiet?  How did it make you feel?

**Watch:**

Watch this video: **Spiritual Disciplines:  Silence and Solitude**

<https://www.youtube.com/watch?v=oW0cBfiYUdA>

1. This video challenges you to set aside alone time with God.  It suggested that you:

* 1. place yourself in the presence of God
  2. express your desire
  3. be with Jesus
  4. listen
  5. be still
  6. enjoy

Which of these would be easy for you?  Which would be hard for you?

2.  The video talked about detailing what He saved you from and what He saved you for.  How do rest or silence help us focus on our salvation?

3.  Confession can be a big part of solitude.  The video asks “How can I love God deeper? Where do I need to grow?  What breaks God’s heart?” Annie Lamott said, “My mind is like a bad neighborhood -- I don’t like to go there alone.”  How much do you think discomfort with our sin scares us away from alone time with God?

4.  What things in our culture fight against quietness?

**Read:**

***Psalm 63 New International Version (NIV)***

*A psalm of David. When he was in the Desert of Judah.*

***1*** *You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you,in a dry and parched land where there is no water.*

***2*** *I have seen you in the sanctuary and beheld your power and your glory.*

***3*** *Because your love is better than life, my lips will glorify you.*

***4*** *I will praise you as long as I live, and in your name I will lift up my hands.*

***5*** *I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.*

***6*** *On my bed I remember you; I think of you through the watches of the night.*

***7*** *Because you are my help, I sing in the shadow of your wings.*

***8*** *I cling to you; your right hand upholds me.*

***9*** *Those who want to kill me will be destroyed; they will go down to the depths of the earth.*

***10*** *They will be given over to the sword and become food for jackals.*

***11*** *But the king will rejoice in God; all who swear by God will glory in him, while the mouths of liars will be silenced.*

5.  Solitude is the heart application of putting away distractions in order to rest in the love of God.  How do you see that in Psalm 63?

6.  Verses 5 and 7 talk about singing.  Can singing and solitude work together or are they opposed to each other?

7.  Verse 1 describes a soul which is thirsty, with no chance of finding water.  In contrast, verse 5 describes a soul which is satisfied with the richest of foods.  What helped David find this satisfaction?

8.  Verse 2 talks about seeing God in the sanctuary.  Can God only be seen in a church building or is this a metaphor for something else?  Where have you been most awe-struck by the presence of God?

9.  Normally when we think of being in bed, we think of sleeping.  What is David doing in bed in verse 6? Is this a stressful, fitful time or is it peaceful?  The next time you have difficulty sleeping due to stress, what would be a good use of our time?  What would bring rest and peace?

10.  There is an interesting picture in verse 8.  It shows David clinging to God. What is God doing?

**Application**:  If possible, try to do one of these options this week.

1. Either rise up early in the morning or stay up late at night and pray in the quiet.
2. Fast from a meal and let your hunger prompt you to pray.
3. Practice “heart cleaning”, asking the Holy Spirit to reveal sins that you’ve harbored in your heart and then repent.
4. Take a social media/screen time boycott for a determined amount of time.  Use that time in worship or study.
5. Find a place that can be your personal sanctuary, where you can meet with God in silence and rest.
6. Read The Practice of the Presence of God by Brother Lawrence, a monk, or Celebration of Discipline by Richard Foster.