

# Devoted: Spiritual Practices for the Deeper Life

## Week 3: Silence & Solitude

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Silence and Solitude is the spiritual practice of quieting one's \_\_\_\_\_ and \_\_\_\_\_ world in order to create a \_\_\_\_\_ for resting with God, trusting in God, and listening to God.

Silence and Solitude remind us that...

We were created for \_\_\_\_\_ in God.

*-Isaiah 30:15 & Matthew 11:28*

God is at work even when we are \_\_\_\_\_. *-Psalm 46:10 & Matthew 6:7-8*

God speaks to those \_\_\_\_\_. *-Ecclesiastes 5:1-3 & James 1:19*

### Practicing Silence and Solitude

Create Space

Reframe Distraction

Normalize the Mundane

Focus on Relationship, Not Technique

Withdraw Often

## Silence & Solitude Old Testament Scripture Reference

- Jacob being alone to wrestle with God (*Genesis 32:22-24*)
- Moses seeking God outside the town in the tent of meeting (*Exodus 33:7-11*)
- Elijah silent and alone in the cave waiting for God's word (*1 Kings 19:11-12*)
- David waiting in silence for God's deliverance (*Psalms 62:5*)

## Silence & Solitude New Testament Scripture Reference

- Jesus withdrew for 40 days in the wilderness (*Matthew 4:1*)
- Jesus withdrew before choosing the 12 disciples (*Luke 6:12-13*)
- Jesus withdrew to a solitary place after the feeding of the 5,000 (*Matthew 14:13*)
- Jesus often withdrew to lonely places to be with God (*Luke 5:16*)

## Practicing Silence and Solitude

- Create Space
- Reframe Distraction
- Normalize the Mundane
- Focus on Relationship, Not Technique
- Withdraw Often