

THE PRACTICE OF SOLITUDE

Becoming Like Jesus #6

October 4, 2026

**BIG IDEA: YOUR SOUL NEEDS _____ TO SPEND
_____ WITH GOD.**

LESSONS FROM JESUS' PRACTICE OF SOLITUDE

1. Seek solitude for time _____ with God. (Heb. 4:15; Luke 5:16)

How can we find solitude for time with God?

- Distance yourself from _____.
- Diminish _____.
- Disconnect from _____.
- Run _____ quiet not _____ quiet.

2. Seek solitude to gain _____. (Mark 1:35-39)

3. Seek solitude for _____ and _____.
(Mark 6:7, 12-13, 30-31, 45-46)

4. Seek solitude to gain _____. (Luke 6:12-13; Jas 1:5)

SUGGESTIONS FOR STARTING THE PRACTICE OF SOLITUDE

1. Choose your _____ time to be quiet and alone.
2. Make a _____ for what you will do.
3. Don't look at _____ before spending time with God.
4. Go old school and use a _____ Bible.
5. Turn the _____ during commutes.
6. Embrace _____ rather than your phone.
7. Focus on the _____ you are meeting.

DAILY DEVOTIONS FOR THIS WEEK

Monday: Scarcity makes things valuable. In our culture solitude and quiet are rare commodities that are desperately needed for tired, overstressed souls. Jesus faced the demands of limitless ministry from growing crowds of thousands. Read Luke 5:12-16 about how He responded. If Jesus needed time alone with the Father how much more do we? What is your best time and place to be alone and quiet?

Tuesday: Sometimes when we get quiet the noise in our minds gets loud. Our heads are filled with to-do lists, fears, worries, intractable problems, relationship struggles, financial woes, etc. You need quiet times to deal with the noise in your minds. You need to take them to God in your quiet time and let Him help you. Read Psalm 34 about how David did this. What hope did you see there for your internal noises?

Wednesday: Read Mark 1:16-39. Jesus' first day of ministry in Capernaum was busy and successful. The next day everyone was looking for Jesus (v. 37). Why did He slip away to a desolate place to pray before anyone else was awake? What was the outcome of His quiet time with God (v. 38-39)? What decisions are you facing? Follow the way of Jesus by making time and space to be with God every day to seek wisdom for decisions. Read God's wisdom promise in James 1:5.

Thursday: Perhaps you are wondering what to do during times of solitude. Try reading through the book of Psalms. Notice the passion and honesty of the writers who cried out to God in times of gratitude, praise, fear, despair, frustration and doubt. Pray about what you read and be honest with God about what you are facing. You could do the same thing using the book of Proverbs.

Friday: Read Matt. 26:36-46. When Jesus felt overwhelmed by His impending arrest, torture and crucifixion He sought solitude in the Garden of Gethsemane. He wanted His closest friends near in His time of need, but He still sought solitude with the Father. Notice the dramatic change in His demeanor from v. 37-38 to 45-46. He moved from overwhelming sorrow to courageous determination. Time with God can turn fear into faith and despair into determination.