

SECTION 1: *What is the pattern of this world?*

Solitude makes us _____.

SECTION 2: *How does Jesus invite us to be transformed?*

We can participate in our transformation by:

1. Following _____ example.
2. _____ into the presence of God.
3. Receiving what he is _____ to give us.

SECTION 3: *How will we test and approve (“try and see”) this practice together?*

“My sheep listen to my voice; I know them, and they follow me.”
– John 10:27

The goal of solitude is to be alone with God in _____
so we can hear his voice.

PRACTICING SOLITUDE:

Begin the day with the Daily Meditation and choose one of the additional practices for the week.

Daily Meditation: Begin each morning this week by meditating on Isaiah 30:15-18. Write down your thoughts as they come to you and keep them as a journal of your thoughts this week. Then, sometime during the day, stop for a brief “check-in” with God. Ask: *How is my day being affected by Isaiah 30:15-18? Be on the alert for moments during the week when you experience longings for solitude. What prompted them? Is solitude something you’d like to practice more often?*

Look for “little solitudes” among the ordinary experiences of your week. Can you capture 2-3 moments each day to reorient your perspective and remember how close God is? Take a walk. Step

out of the office. Close your door. Look away from the computer screen. Take just a couple of minutes for realignment. Use these moments as a checkpoint with God. Evaluate whether you’re making conscious choices or drifting with the current of external forces. Listen for God’s divine whisper of guidance for the rest of your day. Remember that solitude is not always “being alone.” Learn to practice it in the company of people as well as alone.

Identify a “quiet place” inside or outside your home and spend time there this week focusing on God’s presence. Start with 5 minutes and work your way up throughout the week to thirty minutes (For example: Monday - 5 minutes. Wednesday - 15 minutes. Friday - 30 minutes).

Spend a day, or part of a day, without words. (Make sure the people in your life know what you’re up to!) Sometimes, in feeling we need to respond to everything/everyone or “be in the action,” we can create our own “noise.” Just be silent and listen more intently to what others are saying, observing and listening for God’s voice.

Turn off the “noise.” Do one thing in silence that you usually do while watching TV or listening to music, podcasts, or sermons. Instead, do it in silence. Contemplate a passage of scripture or a specific story from one of the Gospels. Take note of your thoughts.

Design your own practice of *solitude* and write it here:

TALK IT OVER

Talking through the message during the week can really help clarify the things that God is teaching you and let others learn from your experiences. Get with someone this week and talk about your answers to the following questions:

What is the difference between loneliness and solitude? Which do you experience more?

How does solitude produce confidence (Isaiah 30:15-18)?

Why do you think that solitude and silence are closely connected?

What thought from the message was most helpful to you?

What thought from the message was most challenging to you?

SECTION 1: *What is the pattern of this world?*

Solitude makes us UNCOMFORTABLE.

SECTION 2: *How does Jesus invite us to be transformed?*

We can participate in our transformation by:

1. Following HIS example.
2. **SETTLING OURSELVES** into the presence of God.
3. Receiving what he is **LONGING** to give us.

SECTION 3: *How will we test and approve (“try and see”) this practice together?*

“My sheep listen to my voice; I know them, and they follow me.”
– John 10:27

The goal of solitude is to be alone with God in **SILENCE** so we can hear his voice.

PRACTICING SOLITUDE:

Begin the day with the Daily Meditation and choose one of the additional practices for the week.

Daily Meditation: Begin each morning this week by meditating on Isaiah 30:15-18. Write down your thoughts as they come to you and keep them as a journal of your thoughts this week. Then, sometime during the day, stop for a brief “check-in” with God. Ask: *How is my day being affected by Isaiah 30:15-18? Be on the alert for moments during the week when you experience longings for solitude. What prompted them? Is solitude something you’d like to practice more often?*

Look for “little solitudes” among the ordinary experiences of your week. Can you capture 2-3 moments each day to reorient your perspective and remember how close God is? Take a walk. Step

out of the office. Close your door. Look away from the computer screen. Take just a couple of minutes for realignment. Use these moments as a checkpoint with God. Evaluate whether you’re making conscious choices or drifting with the current of external forces. Listen for God’s divine whisper of guidance for the rest of your day. Remember that solitude is not always “being alone.” Learn to practice it in the company of people as well as alone.

Identify a “quiet place” inside or outside your home and spend time there this week focusing on God’s presence. Start with 5 minutes and work your way up throughout the week to thirty minutes (For example: Monday - 5 minutes. Wednesday - 15 minutes. Friday - 30 minutes).

Spend a day, or part of a day, without words. (Make sure the people in your life know what you’re up to!) Sometimes, in feeling we need to respond to everything/everyone or “be in the action,” we can create our own “noise.” Just be silent and listen more intently to what others are saying, observing and listening for God’s voice.

Turn off the “noise.” Do one thing in silence that you usually do while watching TV or listening to music, podcasts, or sermons. Instead, do it in silence. Contemplate a passage of scripture or a specific story from one of the Gospels. Take note of your thoughts.

Design your own practice of *solitude* and write it here:

TALK IT OVER

Talking through the message during the week can really help clarify the things that God is teaching you and let others learn from your experiences. Get with someone this week and talk about your answers to the following questions:

What is the difference between loneliness and solitude? Which do you experience more?

How does solitude produce confidence (Isaiah 30:15-18)?

Why do you think that solitude and silence are closely connected?

What thought from the message was most helpful to you?

What thought from the message was most challenging to you?