



SOLITUDE

GOD'S STRESS REMOVER

SOLITUDE vs. LONELINESS

SOLITUDE - to be alone, separated from others. A separation one chooses.

LONELINESS - a separation anxiety brought on by a feeling of disconnected.

Primary purpose of solitude: To be with God.

Secondary purpose of solitude: Preparation.

Purposeful solitude is like cleaning out the basement. We rid ourselves of the emotional clutter gathered and stored away from past social interactions. Sentiments we hung onto because they were important at the time, but now the details have grown fuzzy and they're just taking up space in our mind. Solitude can be cleansing and liberating.

Solitude is where our senses no longer have distracting stimuli. We're alone with God and he can have our undivided attention. It's where we grow most in our spiritual walk with him, the time spent in solitude with God is proportional to our spiritual maturity.

Jesus, as a man, felt all the emotions and stresses that we feel every day. The difference is the way we deal with them versus the way Jesus dealt with them. Don't feel like you need to do it all, be quiet and let God do it.

THREE COMPONENTS OF SOLITUDE:

1. SILENCE: To abstain from speaking. To listen. To be quiet.

The desire to have noise and visual distractions occurring around us in order for us to feel we are connected illustrates an inherent void in our soul that we can sense. God has purposely put this void in our soul, that only he can fill and as much as we try, no amount of money, power, sensuality, or status is ever enough.

Silence is awkward, impatient, and intimidating. A time when we look into the mirror of our soul and it's not always pleasant what we see, but it's also the time when God meets us in the reflection to show us his love and to offer us course corrections to get back in his will for our life.

Isaiah 30:15 KJV

For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

Exodus 14:14 KJV

The Lord shall fight for you, and ye shall hold your peace.

Proverbs 17:28 KJV

[28] Even a fool, when he holdeth his peace, is counted wise: and he that shutteth his lips is esteemed a man of understanding.

Lamentations 3:26,28 KJV

[26] It is good that a man should both hope and quietly wait for the salvation of the Lord. [28] He sitteth alone and keepeth silence, because he hath borne it upon him.

2.PRIVACY: To be apart from others. Free from unwanted intrusion.

Being private with God lets us be ourselves; lets us express our thoughts and emotions that we otherwise might keep to ourselves. It lets us be free from the intimidation of others, free from the nervous uncertainty of how we're conducting ourselves before the group, and free from our own self doubt. God already knows our thoughts, even better than we do, and is not concerned with how eloquent we communicate. Expressing ourselves honestly and humbly before God is what builds our intimate relationship with him.

Matthew 6:6 KJV

But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

Mark 1:35 KJV

And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.

Luke 10:23 KJV

And he turned him unto his disciples, and said privately, Blessed are the eyes which see the things that ye see:

3.STILLNESS: To be apart from others. Free from unwanted intrusion.

In stillness is patience, an important discipline for faith in God. Stillness is purposely waiting on God without the fidgety impatience of setting a time limit or other condition on our desire for him to act. Learning patience, can bring a great peace that surpasses all understanding; a byproduct of a stable and automatic faith in God.

Psalms 37:7 KJV

Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

Exodus 14:13 KJV

And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to day: for the Egyptians whom ye have seen to day, ye shall see them again no more for ever.

Psalms 4:4 KJV

Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

1 Samuel 12:16 KJV

Now therefore stand and see this great thing, which the Lord will do before your eyes.

BENEFITS OF SOLITUDE:

1. Repairs, prepares us to face tough days.
2. Surprising moments, cut the pride of us.
3. Relaxing, healthy, comfort, more joyful and happy life.
4. Greater strength, trust and relationship with God.
5. Reveal the meaning of our life.

EXERCISE SOLITUDE WITH GOD:

No lights or sound too distract. Be all alone in a room and see if God talks to you.

THE EXPERIENCE OF SOLITUDE:

Sense the spirit of God's presence. Remind ourselves God longs for our relationship. He loves to be with us but we have to invite him.