

**Spiritual Exercises: Solitude**  
March 21, 2021  
Pastor Theo Myer and Panel Guests

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Spiritual Exercises: Practices that promote spiritual growth

Creating \_\_\_\_\_ for God's use

Solitude: A \_\_\_\_\_ with God (Mark 6:31-32)

Exercise in \_\_\_\_\_ by getting away from the demands and distractions to be with God

From the discussion:

## Staff Picks for more on solitude

- *When the Soul Listens*, by Jan Johnson
- *Doors into Prayer*, by Emilie Griffin
- “An Extrovert’s Guide to Solitude,” Renovaré podcast, Episode 140
- Lectio 365 app available at Apple Store or Google Play
- “20 Foundations of Christian Spirituality: The Discipline of Silence and Solitude,” Christopher Hall, on Youtube



## A 14-Day Focus on solitude

You do not need to do all 14 of these days in a row – 3 or 4 each week gets this done in about a month. Each day spend about 15 minutes with God. Start with prayer for God to make His words alive in your heart, then read the Bible passage slowly, twice. Write down your thoughts about the verse and then answer the journal question. Pray, “Father, show me the importance of being away with You.” One time during this period, gather with at least one other follower of Jesus to pray together.

Day	Bible	Journal Question
1	Mark 6:31-32	What is the reason Jesus called His disciples away?
2	Matt 6:5-7	Why does Jesus call us to pray in solitude?
3	Luke 5:15-16	What does Jesus’ need for solitude indicate about our need?
4	Luke 10:38-42	How does Mary’s example show us the priority of solitude?
5	John 15:4-5	How does solitude help us “abide in Jesus?”
6	Luke 4:1-15	How did God use Jesus’ time in the wilderness to shape Him?
7		What has impressed you most about Jesus and solitude?
8	Exod 33:7-11	How did Moses meet with God?
9	1Kings 19:10-18	How did Elijah meet with God?
10	Psalms 62:1-2	How did David meet with God?
11	Psalms 27:4-6	What does David find when he meets with God?
12	Psalms 46:10	What does solitude help us see about God?
13	Psalms 55:1-8	How does solitude help when we are attacked?
14		What has impressed you most about solitude in the Old Testament?