



SILENCE & SOLITUDE – “THE DEEP PLACES”



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Silence – “abstaining from noise for spiritual insight” - listening, “internal dialogue”



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**Psalm 42 – “My soul pants & thirsts for God”,
“Where can I go to meet
God?”
“Deep calls to
deep”
“Put your
hope in God”**

A person is seen from behind, sitting on a rocky outcrop. They are looking out over a vast, hazy landscape that appears to be a body of water or a wide valley. The sky is a mix of purple and blue, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

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Why are they Essential?

1. Jesus modelled it

- Prayer - Matt 14:23, Mark 1:35, Luke 5:16
"went to pray, solitary place, lonely places"
- Rest - Matt. 15:29, Mark 6:31, Mark 7:24 *"sat down, quiet place, "secret" house"*
- Direction - Luke 4:1, 42-43, Luke 22:41
"desert, solitary place, withdrew to pray"



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"We must recognize that these "places" are our primary source of strength, as they were for Jesus and Paul. In aloneness, it is possible to have silence, to be still, and to know that Jehovah is God" (Ps. 46:10)

Dallas Willard - The Spirit of the Disciplines



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2. Followers relied on them to hear from God

- **Elijah (*1 Kings 19*) - met with God in the "gentle whisper"**
- **Paul (*Gal.1:17-2:1*) - did not go to those who were apostles, but Arabia for time alone with God**



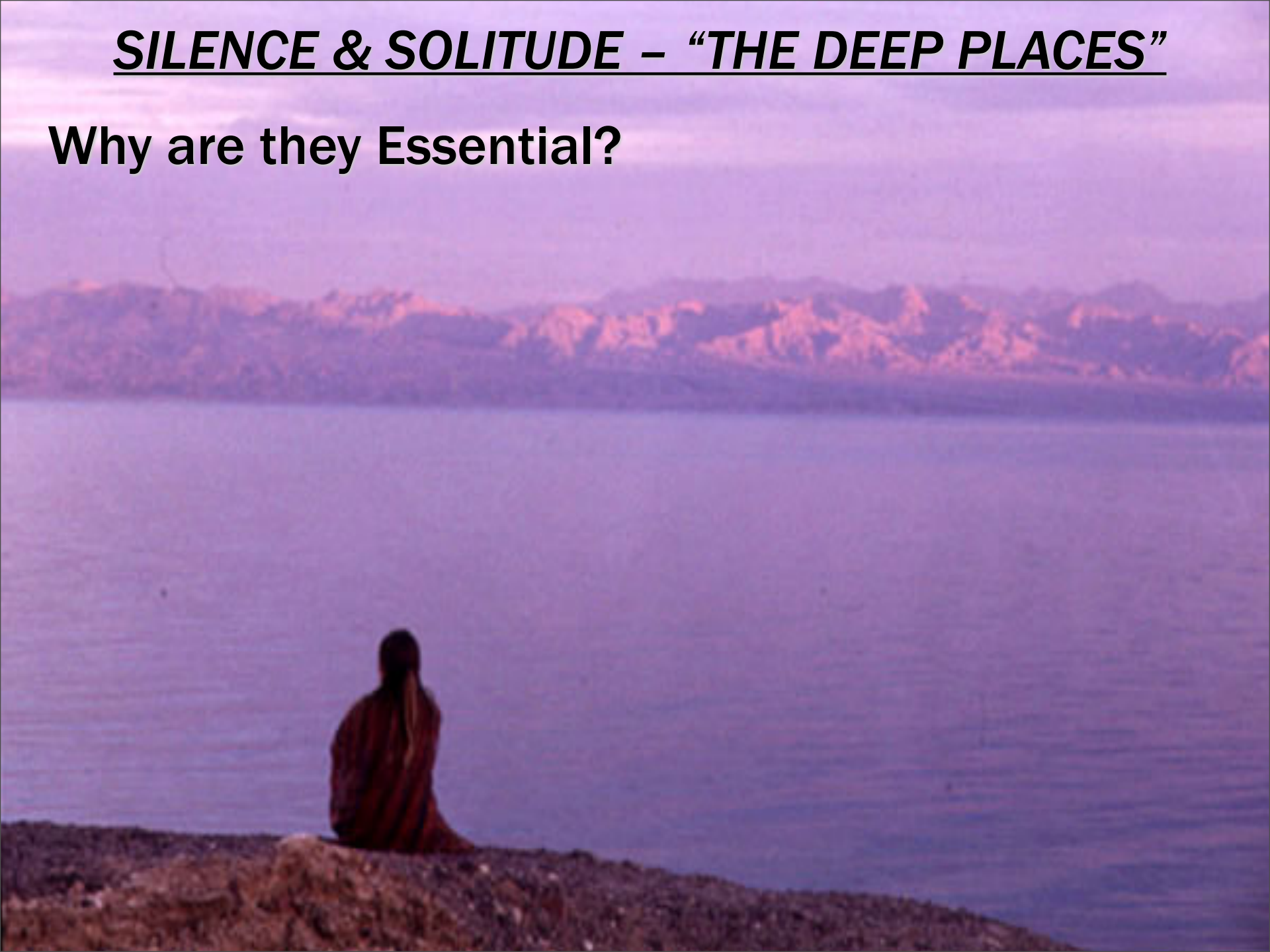


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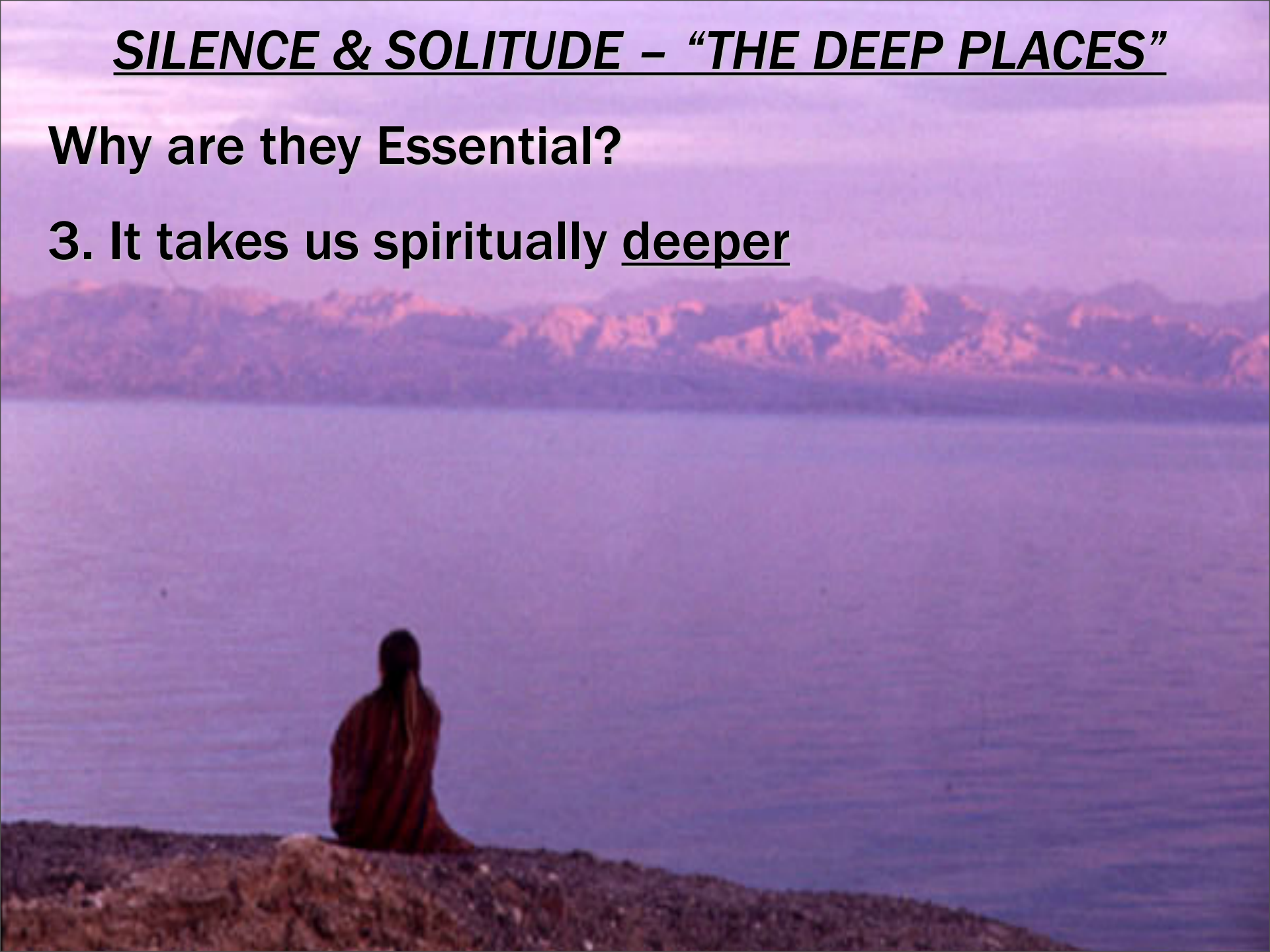
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- We understand ourselves in light of God's Word - Ex.3-4, Luke 1:20
Our doubts, control



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How to build it into our lives

- **"Minute Retreats" - brief silence**
- **Day(s) of silence & solitude - noise control**
- **"Get Aways" - brief or longer**
- **"Special Places" - Where is your**

mountainside"?

