



# HOMEGROWN

## Discipleship

## Solitude - 5/31/2020

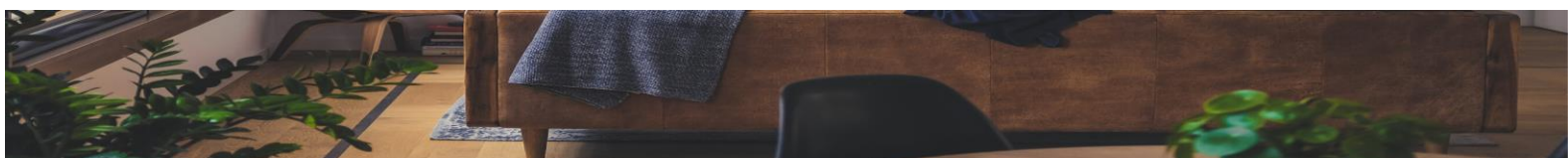
### OVERVIEW

I avoid silence, but even when I am silent my mind constantly races. I hurry a lot. I say yes when I would rather say no. I rarely slow down and taste my food as a gift from God. I check my email more than 15 times a day. If your answer is YES to a lot of these statements, you may not have proper balance in your life – a balance that is critical in your relationship with God. This week we will see Jesus model solitude. We will see how God refreshed His soul, so that He was prepared for ministry, for encountering the people and for doing the will of His Father.

Scripture: Mark 1:9-12, 35-37; Matthew 14:13, 22-23

### APPLICATION

- Looking at the below statements, how many of them do you say YES to?
  - I avoid silence, but even when I am silent my mind constantly races.
  - I skimp on Sabbath (rest).
  - I hurry a lot.
  - I often position myself so that others will think well of me.
  - I say yes when I would rather say no.
  - I find myself resentful and tired because I try to get it all done or to do it all.
  - I rarely slow down and taste my food as a gift from God.
  - I have little mindedness of delighting in Christ's love throughout my day.
  - I'm often unaware of how much tension is in my body.
  - I have little to no awareness of when I am overreacting or triggered.
  - I check email, text messages, Instagram, Tik-Tok, Facebook, etc., more than 15 times a day and again before I go to bed.
- After Jesus' baptism, He was sent out into the desert wilderness alone to prepare Himself for the ministry ahead. Why do you think God sent Him to this solitude?
- If Jesus was in need of this (refreshing of His Spirit), how much more are we? This week, how can you practice the Rhythm of the Wilderness that Jesus modeled?



HOMEWORK: Set aside time to have time of solitude with God. Allow God to refresh your soul. Below you will find a solitude guide to help you focus and to help you be intentional.

## HOMEGROWN DISCIPLESHIP

# SOLITUDE GUIDE



### **PART ONE**

#### FOCUS AND ATTENTION

Take a walk, ride a bike, or sit on your porch, but in your own way, enjoy the beauty of what God has created. As you admire His creation, adore Him for His provision, for His imagination and for the excellence of His creation. Clear your mind and prepare your heart for what God is going to do in you!

### **PART TWO**

#### GOD'S WORD AND HIS TRUTH

Open your Bible and let God's Word fill your heart. Take time to read through John 17 and Psalms 23 and 46. Let these chapters be a starting point, but allow God to take you on a journey in Scripture. Seek to understand and spend time intentionally letting God's Word fill your heart.



### **PART THREE**

#### PRAYER, LISTENING, AND WORSHIP



As you pray, use the ACTS prayer model (Adoration, Confession, Thanksgiving, and Supplication) to speak to your Father. Take time to listen and practice intentional silence between each section. Ask God to show you where there might be distance between you and Him.

### **PART FOUR**

#### JOURNAL AND GRATITUDE

It is our hope that God has done something special in you during this intentional time of solitude. Take time to write down your feelings, write out a prayer, or anything else that God might be sharing with you. End by thanking Him and showing Him gratitude for being present and near.

