



Sunday January 22, 2017
Solitude

Solitude is the state or situation of being alone and in our context is time alone with God, time of quietness with God. In this sermon we share what we do in solitude and what solitude does to us. Practice solitude, time alone with God.

solitude = the state or situation of being alone. Peace and quiet. Isolation, seclusion, retirement, privacy, privateness.

In our context we are referring time alone with God, time of quietness with God.

Isaiah 30:15-18

15 For thus says the Lord GOD, the Holy One of Israel: "In returning and rest you shall be saved; In quietness and confidence shall be your strength." But you would not,

16 And you said, "No, for we will flee on horses"— Therefore you shall flee! And, "We will ride on swift horses"— Therefore those who pursue you shall be swift!

17 One thousand shall flee at the threat of one, At the threat of five you shall flee, Till you are left as a pole on top of a mountain And as a banner on a hill.

18 Therefore the LORD will wait, that He may be gracious to you; And therefore He will be exalted, that He may have mercy on you. For the LORD is a God of justice; Blessed are all those who wait for Him

God speaks to His people (and to us today) sharing with us the key to salvation, strength and blessing. In turning to Him, in resting, in quietness, confidence (trusting) and waiting before Him, He assures us that we will be saved, find strength and blessing.

However, if we get busy with our own ways (flee on swift horses), He will let us go on with those ways and face the consequences. He will wait for us (vs 18) to come to the place of resting and waiting before Him.

Even the Lord Jesus knew the importance of coming aside away from the busyness, into a place of solitude. He practiced this often Himself and even encourage His disciples to do this.

Mark 6:30-32

30 Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught.

31 And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat.

32 So they departed to a deserted place in the boat by themselves.

Don't let the needs of the people pressure you into a place of busyness.

Remember our ability to be a channel of God's grace and mercy to people comes out of our first being with Him in solitude.



What do you do when you spend time in Solitude?

#1, Reflect

We normally build reflection into the experience, so that we listen and learn from what we are going through while in the middle of it. It is important to also have times of solitude where you step away and reflect and draw lessons.

Remember. Recount what He has done. Muse.

Psalm 143:5

I remember the days of old; I meditate on all Your works; I muse on the work of Your hands.

It is also good to journal what you are learning.

Reflection is a great time of consolidation - solidifying what God is doing into your heart and life.

#2, Commune

Commune =

one of the meanings, as we are using it in this context

= to converse or talk together, usually with profound intensity, intimacy, etc.; interchange of thoughts or feelings.

= to be in intimate communication or rapport

Communion is a two way experience. You listen to God and speak to Him.

Psalm 62:8 Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah

Lamentations 2:19 "Arise, cry out in the night, At the beginning of the watches; Pour out your heart like water before the face of the Lord. Lift your hands toward Him For the life of your young children, Who faint from hunger at the head of every street."

#3, Study

When you study you are searching, seeking, meditating (in deep focused thought) on a topic or subject. You are seeking to learn, to explore, to discover, to find answers, etc.

You receive wisdom, understanding, revelation, insight, encouragement, hope, faith. Your heart and mind are changed.

Psalm 119:15-16

15 I will meditate on Your precepts, And contemplate Your ways.

16 I will delight myself in Your statutes; I will not forget Your word.

Psalm 119:97-105



97 Oh, how I love Your law! It is my meditation all the day.
98 You, through Your commandments, make me wiser than my enemies; For they are ever with me.
99 I have more understanding than all my teachers, For Your testimonies are my meditation.
100 I understand more than the ancients, Because I keep Your precepts.
101 I have restrained my feet from every evil way, That I may keep Your word.
102 I have not departed from Your judgments, For You Yourself have taught me.
103 How sweet are Your words to my taste, Sweeter than honey to my mouth!
104 Through Your precepts I get understanding; Therefore I hate every false way.
105 Your word is a lamp to my feet And a light to my path.

148 My eyes are awake through the night watches, That I may meditate on Your word.
149 Hear my voice according to Your lovingkindness; O LORD, revive me according to Your justice.

Isaiah 50:4

"The Lord GOD has given Me The tongue of the learned, That I should know how to speak A word in season to him who is weary. He awakens Me morning by morning, He awakens My ear To hear as the learned.

#4, Wait

When you wait on God you are simply sitting before God in silence and stillness. You may also be engaged in any of these other postures we have discussed so far as well as in praying, worshipping, singing before God.

Isaiah 40:28-31

28 Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable.
29 He gives power to the weak, And to those who have no might He increases strength.
30 Even the youths shall faint and be weary, And the young men shall utterly fall,
31 But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

God is infinite in strength, understanding, love, etc. etc.
When we wait on Him we draw from, we received from His infiniteness.
His strength is imparted into our weakness.
His understanding is imparted into our lives.

Of more common in recent usage are terms like Soaking and Marinating to describe waiting on God.

You are positioning yourself to receive into your life what He imparts.

#5, Wrestle

The term wrestle may leave a wrong impression - as though God is opposed to us and we are trying to twist God's arm to do something that He is hesitant to do.



But that is NOT what we are doing.

In "wrestling" we are positioning ourselves before God with an intense pull, draw or hold on God. God wants us to do this. We refuse to let go until we have what His Word promises us.

Jacob wrestled with God (Genesis 32:24-26). His wrestling was not a physical thing but a hold of his heart on God. He wept and sought favor from God.

Hosea 12:4

Yes, he struggled with the Angel and prevailed; He wept, and sought favor from Him. He found Him in Bethel, And there He spoke to us—

#6, Rest

Resting is where you "relax" in quietness before God.
You may read His Word, a good Christian book, listen to music or just relax.

Resting is an act of faith (Exodus 16:23-30), and an act of consecration (Exodus 31:12-13).

When you rest you are saying God, I know you will take care of things as I honor what you have instructed me to do by resting.

You are consecrating time/day before God.

Application : Practice Solitude

DAILY : Have a few moments of solitude

SPEND A DAY IN SOLITUDE with God : on a periodic basis (weekly or monthly or some other frequency).