



**DO NOT DISTURB**  
*The Ministry of Solitude & Silence*

*"The noise of the modern world makes us deaf to the voice of God, drowning out the one input we most need." John Mark Comer*

**SOLITUDE**

- Is the absence of distractions like people, computers, schoolwork, television, cell phones, radio, etc.
- Is the Spiritual Discipline of voluntarily and temporarily withdrawing to privacy for spiritual purposes.
- The period of solitude may last only a few minutes or for days.
- Solitude may be sought in order to participate without interruption in other Spiritual Disciplines, or just to be alone with God.

**SILENCE**

- Is the voluntary and temporary abstention from speaking so that certain spiritual goals might be sought.
- Silence can be observed to read, write, pray, etc.
- Though there is no outward speaking, there are internal dialogues with self and God.
- Other times silence is maintained not only outwardly but also inwardly so that God's voice might be heard more clearly.

**JESUS PRACTICED SOLITUDE** -The scriptures teach us that Jesus practiced solitude. Matthew 14:23, Mark 1:35, Luke 4:42

**WHY DO WE AVOID SOLITUDE & SILENCE?**

- The simplest and most common reason we avoid being alone with God is that solitude forces us to face everything in our lives head-on. This internal confrontation is often why solitude is difficult.
- The need to feel connected.
- Digital addiction and dependence.

**WHY SHOULD WE PRACTICE SOLITUDE & SILENCE?**

- ◆ **TO HEAR THE VOICE OF GOD BETTER**
  - Elijah-1 Kings 19:11-13
  - Paul-Galatians 1:15-17
- ◆ **TO EXPRESS WORSHIP**-The worship of God does not always require words, sounds, or actions. Sometimes worship consist of a God-focused stillness and hush. There are times to speak to God and there are times simply to behold and adore Him in silence. Habakkuk 2:20
- ◆ **TO BE PHYSICALLY AND SPIRITUALLY RESTORED**-Mark 6:31-32
- ◆ **TO REGAIN A SPIRITUAL PERSPECTIVE**-Solitude helps you to step back and look at an issue in a spiritual way. Luke 1:20-64
- ◆ **TO SEEK THE WILL OF GOD**- Solitude can help you to discern His will about a situation. Luke 6:12-13
- ◆ **TO LEARN CONTROL OF THE TONGUE**-Being in solitude for extended periods of time can help us control our tongue. James 1:26, James 1:19, Proverbs 17:27-28

## **SUGGESTIONS FOR SILENCE AND SOLITUDE**

- ⇒ **“MINUTE RETREATS”**-A moment at a traffic light, in an elevator, or in the line at the drive-thru bank can become a “minute retreat” when you consecrate it as a time of silence and solitude.
  
- ⇒ **A GOAL OF DAILY SILENCE AND SOLITUDE**-Intentionally create moments in your day where there is silence and solitude. Turn the television, radio, or cell phone off to have those moments. Logoff social media (Facebook, Twitter, Instagram etc.) for half a day or a full day.
  
- ⇒ **GETTING AWAY FOR SILENCE AND SOLITUDE**-Getting away for an extended time of silence and solitude may be nothing more than finding an empty room in the church, or even getting room at a spiritual retreat center or hotel.
  
- ⇒ **LOCATE SPECIAL PLACES**-Locate special places that can be used for silence and solitude.

## **APPLICATION**

**THURSDAY:** Spend 10-20 minutes in solitude and silence. During that time think about God’s greatness, goodness, and blessings He has given you.

**FRIDAY:** Turn your cell phone off for an hour, no music, no talk, nothing but the voice of God.

**SATURDAY:** Spend the first 30 minutes of your day silent. Let prayer and reading the word fill those early moments!

**SUNDAY:** Take a 2-3 hour digital fast. No social media, television, radio, phone, tablet, etc! During that time connect with family...Take a walk....Pray...Plan your upcoming week....