**“Practices of Silence & Solitude”**

Going deeper in Habakkuk 2:20, Revelation 8:1, Psalm 46:10, Mark 1:35

**INTRODUCTION** – The following passages refer to tell us about silence and solitude in our journey with God.

**READ** – *Read (passages) aloud. Read it several times. Listen for what the Spirit of God is saying, don’t just think about it.*

Revelation 8:1 – “When he opened the seventh seal, there was silence in heaven for about half an hour.”

Habakkuk 2:20 – “God is in his holy temple! Quiet everyone – a holy silence. Listen

Psalm 46:1-3 – “God is our refuge and strength, and ever-present help in trouble Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”

Psalm 46:10 – “Be still, and know I am God. I will be raised up among the nations. I will be raised up in all the earth!

Mark 1:35 – “Now in the morning, while it was still dark, Jesus got up and went off to a solitary place and prayed.

**ENGAGE** – *Questions for going deeper. God is speaking… to you.*

1. When people are home alone do you think they prefer silence or having noise going on? Why? What does that say about us?

2. Read Revelation 8:1 – Amid the opening of the seals (opening the chapters of human history) why would there be silence?

2. Read Habakkuk 2:20 – Why would there be silence before God? What role has silence played in your spiritual journey? Why might it be important?

4. Read Psalm 46:1-3 – What is going on in creation? Who are we to rely on when the world seems out of control?

5. Read Psalm 46:10 – Why are we called to silence? How is silence connected to knowing God?

6. Read Mark 1:35 – Jesus made times of silence and solitude a regular part of his time on earth. Why? What does this say about his priorities? What do you do to get away from it all and just be with God?

**PRAY** – *God has spoken. So, reply.*

\*Find a quiet place and ask the Lord to meet you there.

\*In the quietness turn over your challenges one by one to the Lord.

\*Thank Him for hearing and his answers. Ask him to help you quiet your heart and mind and just be in his presence.

**LIVE** – *This is where the rubber hits the road.*

The Lord Jesus incorporated times of silence and solitude into his life. How will you follow his example this week?