

**EQUIPPED FOR LIFE****SPIRITUAL DISCIPLINE: Silence & Solitude**

**FOCUS:** Silence & Solitude helps us draw close to God, Jesus and the Holy Spirit, to discern better, listen better, prepare to praise, receive wisdom, fuel our faithfulness, as a response before God with all is going on around us (because He knows) and vital to spiritual maturity.

**OUR SALVATION:***John 3:16-17**Ephesians 2:8-9**Romans 10:9-10***OUR CREATED PURPOSE:***Mark 12:30-31**Matthew 28:16-20***OUR MISSION:**

We exist to bring God  
glory and make disciples

**OUR VISION**

Through  
Gospel-Centered Worship  
Gospel-Centered Community  
Gospel-Centered Service  
Gospel-Centered  
Multiplication



Equipped  
Website:  
Silence &  
Solitude

SUNDAY: **Deuteronomy 27:9-10** MONDAY: **Ecclesiastes 4:6**

TUESDAY: **Luke 5:16**

WEDNESDAY: **Psalms 62:1-2**

THURSDAY: **Lamentations 3:26-33** FRIDAY: **Acts 11:17-18**

SATURDAY: **Mark 6:30-32**

**What jumped off the page at you** (word, phrase, concept, application, question) **as you read the verse(s)?**

**Why is what jumped off the page Biblically accurate?**

**What does God want you to do about what He has made clear to you?**

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## SPIRITUAL DISCIPLINE: Silence & Solitude

### A TRUTH

**Silence and solitude shows respect, love and prioritization to God, Jesus and the Holy Spirit.**

Respect through listening    Love through focus on God's words    Prioritization through alone time

## SPIRITUAL DISCIPLINE: Silence & Solitude NOW

***THE SPIRITUAL DISCIPLINE OF SILENCE & SOLITUDE*** is an important aspect to why we exist.

**Based on this what can we do to become more like Jesus?**

### Gospel-Centered

**WORSHIP** Early in the morning is prime time for alone time with God.

**COMMUNITY** Silent reflection on something good God has done is a great way to glorify God.

**SERVICE** Regular one on one time with Jesus so necessary.

**MULTIPLICATION** Encouraging others to have regular one on one time with Jesus is loving.

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# BIBLE VERSES RELATED TO Silence & Solitude

## Silence

### **Deuteronomy 27:9-10 Curses from Mount Ebal**

9 Then Moses and the Levitical priests said to all Israel, "Keep silence and hear, O Israel: this day you have become the people of the LORD your God.

10 You shall therefore obey the voice of the LORD your God, keeping his commandments and his statutes, which I command you today."

### **Job 4:15-17 Eliphaz Speaks: the Innocent Prosper**

15 A spirit glided past my face; the hair of my flesh stood up.

16 It stood still, but I could not discern its appearance. A form was before my eyes; there was silence, then I heard a voice:

17 'Can mortal man be in the right before God? Can a man be pure before his Maker?

### **Psalms 62:1-2,5 My Soul Waits for God Alone**

1 To the choirmaster: according to Jeduthun. A Psalm of David. For God alone my soul waits in silence; from him comes my salvation.

2 He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.

5 For God alone, O my soul, wait in silence, for my hope is from him.

### **Ecclesiastes 3:7 A Time for Everything**

7 a time to tear, and a time to sew; a time to keep silence, and a time to speak;

### **Isaiah 41:1 Fear Not, for I Am with You**

1 Listen to me in silence, O coastlands; let the peoples renew their strength; let them approach, then let them speak; let us together draw near for judgment.

### **Lamentations 2:1 The Lord has Destroyed Without Pity**

1 How the Lord in his anger has set the daughter of Zion under a cloud! He has cast down from heaven to earth the splendor of Israel; he has not remembered his footstool in the day of his anger.

### **Lamentations 3:26-33 Great Is Your Faithfulness**

26 It is good that one should wait quietly for the salvation of the LORD.

27 It is good for a man that he bear the yoke in his youth.

28 Let him sit alone in silence when it is laid on him;

29 let him put his mouth in the dust— there may yet be hope;

30 let him give his cheek to the one who strikes, and let him be filled with insults.

31 For the Lord will not cast off forever,

32 for, though he cause grief, he will have compassion according to the abundance of his steadfast love;

33 for he does not afflict from his heart or grieve the children of men.

**Habakkuk 2:20 Woe to the Chaldeans**

20 But the LORD is in his holy temple; let all the earth keep silence before him."

**Revelation 8:1 The Seventh Seal and the Golden Censer**

1 When the Lamb opened the seventh seal, there was silence in heaven for about half an hour.

**Silent****Exodus 14:13-14 Crossing the Red Sea**

13 And Moses said to the people, "Fear not, stand firm, and see the salvation of the LORD, which he will work for you today. For the Egyptians whom you see today, you shall never see again.

14 The LORD will fight for you, and you have only to be silent."

**Job 6:24 Job Replies: My Complaint Is Just**

24 "Teach me, and I will be silent; make me understand how I have gone astray.

**Job 13:5 Job Continues: Still I Will Hope in God**

5 Oh that you would keep silent, and it would be your wisdom!

**Job 33:33 Elihu Rebukes Job**

33 If not, listen to me; be silent, and I will teach you wisdom."

**Psalms 4:3-4 Answer Me When I Call**

3 But know that the LORD has set apart the godly for himself; the LORD hears when I call to him.

4 Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. Selah

**Isaiah 53:7**

7 He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he opened not his mouth.

**Amos 5:11-14 Seek the Lord and Live**

11 Therefore because you trample on the poor and you exact taxes of grain from him, you have built houses of hewn stone, but you shall not dwell in them; you have planted pleasant vineyards, but you shall not drink their wine.

12 For I know how many are your transgressions and how great are your sins— you who afflict the righteous, who take a bribe, and turn aside the needy in the gate.

13 Therefore he who is prudent will keep silent in such a time, for it is an evil time.

14 Seek good, and not evil, that you may live; and so the LORD, the God of hosts, will be with you, as you have said.

**Zephaniah 1:7 The Day of the Lord Is Near**

7 Be silent before the Lord GOD! For the day of the LORD is near; the LORD has prepared a sacrifice and consecrated his guests.

### **Zechariah 2:13 A Vision of a Man with a Measuring Line**

13 Be silent, all flesh, before the LORD, for he has roused himself from his holy dwelling.

### **Luke 9:35-36 The Transfiguration**

35 And a voice came out of the cloud, saying, "This is my Son, my Chosen One; listen to him!"

36 And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.

### **Acts 8:32 Philip and the Ethiopian Eunuch**

32 Now the passage of the Scripture that he was reading was this: "Like a sheep he was led to the slaughter and like a lamb before its shearer is silent, so he opens not his mouth.

### **Acts 11:17-18 Peter Reports to the Church**

17 If then God gave the same gift to them as he gave to us when we believed in the Lord Jesus Christ, who was I that I could stand in God's way?"

18 When they heard these things they fell silent. And they glorified God, saying, "Then to the Gentiles also God has granted repentance that leads to life."

### **Acts 12:17 Peter is Rescued**

17 But motioning to them with his hand to be silent, he described to them how the Lord had brought him out of the prison. And he said, "Tell these things to James and to the brothers." Then he departed and went to another place.

### **Acts 15:11-12 The Jerusalem Council**

11 But we believe that we will be saved through the grace of the Lord Jesus, just as they will."

12 And all the assembly fell silent, and they listened to Barnabas and Paul as they related what signs and wonders God had done through them among the Gentiles.

### **Quiet**

#### **Ecclesiastes 9:16-18 Wisdom Better Than Folly**

16 But I say that wisdom is better than might, though the poor man's wisdom is despised and his words are not heard.

17 The words of the wise heard in quiet are better than the shouting of a ruler among fools.

18 Wisdom is better than weapons of war, but one sinner destroys much good.

### **Isaiah 7:4 Isaiah Sent to King Ahaz**

4 And say to him, 'Be careful, be quiet, do not fear, and do not let your heart be faint because of these two smoldering stumps of firebrands, at the fierce anger of Rezin and Syria and the son of Remaliah.

### **Acts 19:36 A Riot at Ephesus**

36 Seeing then that these things cannot be denied, you ought to be quiet and do nothing rash.

## **Quietly**

### **Proverbs 29:11**

11 A fool gives full vent to his spirit, but a wise man quietly holds it back.

### **Lamentations 3:26 Great Is Your Faithfulness**

26 It is good that one should wait quietly for the salvation of the LORD.

### **Habakkuk 3:16 Habakkuk's Prayer**

16 I hear, and my body trembles; my lips quiver at the sound; rottenness enters into my bones; my legs tremble beneath me. Yet I will quietly wait for the day of trouble to come upon people who invade us.

### **1 Thessalonians 4:9-12 A Life Pleasing to God**

9 Now concerning brotherly love you have no need for anyone to write to you, for you yourselves have been taught by God to love one another,

10 for that indeed is what you are doing to all the brothers throughout Macedonia. But we urge you, brothers, to do this more and more,

11 and to aspire to live quietly, and to mind your own affairs, and to work with your hands, as we instructed you,

12 so that you may walk properly before outsiders and be dependent on no one.

### **Isaiah 32:17 Complacent Women Warned of Disaster**

17 And the effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.

## **Quietness**

### **Ecclesiastes 4:6 Evil Under the Sun**

6 Better is a handful of quietness than two hands full of toil and a striving after wind.

### **Isaiah 30:15 A Rebellious People**

15 For thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength." But you were unwilling,

## **Solitude**

### **Matthew 14:13 Jesus Responds to the Death of John the Baptist**

13 Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns.

### **Mark 1:35 Jesus Preaches in Galilee**

35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

#### **Mark 6:30-32 Jesus Feeds the Five Thousand**

30 The apostles returned to Jesus and told him all that they had done and taught.

31 And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.

32 And they went away in the boat to a desolate place by themselves.

#### **Luke 4:42 Jesus Preaches in Synagogues**

42 And when it was day, he departed and went into a desolate place. And the people sought him and came to him, and would have kept him from leaving them,

#### **Luke 5:16 Jesus Cleanses a Leper**

16 But he would withdraw to desolate places and pray.

# OTHER RESOURCES

## Sharing the Truth Tips

When revealing the Biblical truth to someone **ask questions and give them the opportunity to wrestle with their relationship with Jesus.**

**It is the Holy Spirit who gives Christians the proper** heart, mind, soul and strength to share the Biblical truth in a way that will hopefully result in salvation and sanctification for the hearer.

**Ask questions**, encourage others to ask questions. Everyone is three good questions away from sharing what is really going on in their heart, mind and soul.

**BOOK: *Spiritual Disciplines for Christian Life* by Donald S. Whitney**

For the Purpose of Godliness

**BOOK: *Disciplines for the Inner Life* by Bob & Michael Benson**

Disciplines for, Obstacles to, Patterns for, Inward Graces of and Outward Fruits of the Inner Life.

**BOOK: *Face to Face Vol. 1* by Kenneth Boa**

Praying the Scriptures for Spiritual Growth

**BOOK: *Face to Face Vol. 2* by Kenneth Boa**

Praying the Scriptures for Spiritual Growth

**BOOK: *Essentials of Discipleship* by Francis M. Cosgrove Jr.**

With Guidelines for Group Discussion