

the SPIRITUAL PRACTICE of **SILENCE & SOLITUDE**

"We are so afraid of silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror."

Dietrich Bonhoeffer

In Jesus' Life

Mark 1:32-35

³² That evening at sundown they brought to him all who were sick or oppressed by demons. ³³ And the whole city was gathered together at the door. ³⁴ And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. 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

(after the disciples first missionary journey)

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 4:1-2

¹ And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness ² for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

Luke 4:40-42

⁴⁰ Now when the sun was setting, all those who had any who were sick with various diseases brought them to him, and he laid his hands on every one of them and healed them. ⁴¹ And demons also came out of many, crying, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew that he was the Christ. 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 5:15-16

¹⁵ But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. ¹⁶ But he would withdraw to desolate places and pray.

erēmos: wilderness, desert, desolate place, isolated, lonely, solitary

Describe Jesus' practice of silence and solitude (*context, content, outcome*):

In My Life

What is attractive about this practice as revealed in the life of Jesus?

What is confusing or challenging as I consider living out this practice?

How might Jesus use this practice to mature, deepen, and transform my life to look more like His?

Practically, what could this practice look like in my life this week?