**Living like Jesus – Silence & Solitude habits**

*Cease striving and know that I am God Ps. 46:10*

*In repentance & rest is your salvation, in quietness and trust. Is your strength Is.30:15*

*Find rest, O my soul, in God alone Ps. 62:5*

*The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul Ps. 23: 1 - 3*

***Solitude is a time to draw near to God in silence in order to experience quiet, rest & renewal from time with God***

1. **Jesus habits of solitude & silence**

Matt. 14:23 – *after he sent the crowd away, He went up on the mountain by Himself to*

*pray; and when it was evening, he was there alone*

Mark 6:46 -47 – *after bidding them farewell, He left for the mountain to pray…He was alone on the land*

John 6:15 – *Jesus, perceiving that they were intending to come and take Him by force to make Him king, withdrew again to the mountain by Himself alone*

1. **Believer’s habits of solitude & silence**

2 Sam. 7:18 -  *then David the king went in and sat before the Lord…*

Eccl. 5:1 – 2 - *Guard your steps as you go to the house of God and draw near to listen rather than to offer the sacrifice of fools…do not be hasty in word or impulsive in thought to bring up a matter in the presence of God. For God is in heaven and you are on earth; therefore, let your words be few*

Mark 6:31 -32 – *he said to them, come away by yourselves to a secluded place and rest a while. For they were many people coming and going, and they did not even have time to eat. They went away in the boat to a secluded place by themselves*

Matt. 17: 1 – 2 – *Jesus took with Him Peter and James and John his brother, and led them up on a high mountain by themselves. And He was transfigured before them, and his face shone like the sun, and His garments became as white as light*

Gal. 1: 15 -18 – *when God called me through His grace and was pleased to reveal His Son in me so that I might preach Him among the Gentiles, I did not immediately consult with flesh and blood, not did I go up to Jerusalem to those who were apostles before me, but I went away to Arabia, and returned once more to Damascus. Then three years later I went up to Jerusalem to become acquainted with Cephas and stay with him fifteen days.*

Matt. 6:6 – *when you pray, go into your inner room, close your door and prayer to your Father who is in secret*

1. **Habits of solitude & silence**

All of humanity’s problems stem from mans in ability to sit quietly in a room alone Pascal

1. Take advantage of little solitudes that come in your day
2. Find a place for your times of solitude
3. Set some time if you live alone for a time of silent listening to God
4. Set some time in your solitude to be silent and listen to God
5. Recognize God’s presence in your solitude
6. Rest & quiet yourself in the presence of the Lord
7. Let your mind calm & recognize that your thoughts will slow down as you spend time in solitude
8. **The blessings of solitude & silence**
9. Solitude is time alone with God in fellowship & worship
10. Solitude restores physically, emotionally & mentally
11. Solitude builds assurance in God’s work & ways in your life
12. Solitude prepares for what God will do in the future

*It came about when Moses was coming down from Mt. Sinai that Moses did not know that the skin of his face shone because of his speaking with Him. So when Aaron and all the sons of Israel saw Moses, behold, the sink of his face shone, and they were afraid to come near him. Ex. 34: 29 – 30*

**HYMN**

Near to the heart of God – McAfee

1 There is a place of quiet rest,
near to the heart of God,
a place where sin cannot molest,
near to the heart of God.

Refrain:
O Jesus, blest Redeemer,
sent from the heart of God,
hold us, who wait before thee,
near to the heart of God.

2 There is a place of comfort sweet,
near to the heart of God,
a place where we our Savior meet,
near to the heart of God. [Refrain]

3 There is a place of full release,
near to the heart of God,
a place where all is joy and peace,
near to the heart of God. [Refrain]