

The Ruthless Elimination of Hurry Week 2:

The Practice of Silence and Solitude

1

Goals?

- Stop/Start 1 thing!
- New Desires
- Assessing our Load and our Limits
- Awareness > Contemplation>Action
- Will this be an easy path? NO, but it is the path of more freedom.

2

What is a Spiritual Practice/Discipline?

- “The practices/disciplines are activities of mind, body, and soul purposefully undertaken, to bring our life and heart into active participation with the divine order. They enable us more and more to live and lean into a power that is; strictly speaking beyond us, deriving from the heavenly realm itself” –Dallas Willard
- Spiritual Practices are paths to the Wellspring of Life
- ““I have so much to do today that I'm going to need to spend three hours in prayer in order to be able to get it all done.”-Martin Luther

3

The Practice of Silence and Solitude

- A Pathway to Attentiveness “Attention is the beginning of devotion”- Mary Oliver
- Proverbs 5:1-2; 4:1-2; 2:1-4
- Attention leads to awareness which leads to contemplation which leads to transformation
- The presence of God is not at fault; but it is our awareness of Him that is the issue.
- What we give our attention to has the power to form and shape us.

4

Jesus Went Into the “Eremos”

- Eremos-Desolate Place, Place of Isolation, quiet place, Unfrequented, deserted, a desert place or a place of wilderness.
- After Jesus’ Baptism the Spirit of the Lord drives Jesus into the “eremos” 40 days. What was taking place?
- What was a constant rhythm of Jesus as He would walk with His disciples? (Mark 1:35; Mark 6:30-32; Luke 5:16; Luke 9:18; Luke 22:39)

5

Silence and Solitude in the Scriptures

- Habakkuk 2:20-Tapping into the Holiness of God and your creatureliness and place in all creation.
- Isaiah 30:15-Receiving Strength upon Strength
- Psalm 46:10- Knowing God
- Exodus 14:10-14-Be Silent; The Lord will Fight for you
- Psalm 39:2-5-Silence is not always pleasant

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Silence and Solitude Cultivates...

- Boredom???? That may be a blessing...
- Contemplation and Awareness
- Consciousness
- Meditation on the Word
- Confrontation with indwelling brokenness and sin (Psalm 42:5)

7

Silence and Solitude Cultivates...

- Resistance against the constant noise of the world
- Learning how to be present (To God, others, all that is beautiful, good and true, and even to ourselves)
- Practicing the Presence of God And Listening to God (Audible vs. Written Word)
- “The most holy and important practice in the spiritual life is the presence of God, that is, every moment to take great pleasure that God is with you.”- Brother Lawrence.

8

The Wilderness

- “The wilderness isn’t always the place of weakness; it’s also the place of strength”
- The place for clarity (Look at what Jesus tells the disciples at the end of Mark 1)
- Unwinds us, eliminates distraction; fuels creativity and depth

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Internal and External Silence

- External is the “more” straightforward part- turn off the phone; laptop; no music/tv, finding a time away from children/spouse, no immediate tasks. Entering into quiet.
- Internal is a different beast altogether. The mental chatter. Replaying lousy moments/conversations, fantasizing, constant “what ifs”.
- Practicing Thought/Heart Redirection.
- Processing over pulverizing

10

Real Solitude

- Solitude and Isolation are NOT the same thing
- Solitude is engagement; isolation is escape.
- Solitude is comforting; isolation is danger
- Solitude is opening yourself up to God; isolation is closing off.
- Solitude is active engagement in delight and nourishment; isolation is the passive craving when you neglect the former.
- “Loneliness is inner emptiness. Solitude is inner fulfillment and delight.” –Richard Foster
- In Solitude your anything, but alone.

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Direction for Next Steps

- Find your quiet place your “eremos”
- Take your time as you practice
- Slow down and breathe. Come to the present moment
- Assess Emotions
- Face the heart (good, bad, and ugly)
- Receive Jesus and His Word (Bring a scripture into the silence and solitude)

12

Going Fruit to Root in the Silence

- What do you believe about who you are right now (area of unbelief, frustration, fear, anxiety or disobedience)?
- What do you believe God has done or not done in that situation (where you think He's acted out of character)?
- What do you believe He's like as a result of that (this will not be in line with His character)?

- Who is God (His true character we know as revealed in Scripture)?
- What has He done (as revealed in Scripture and the story of our life)?
- Who are you in Christ (new fruit, new action)?

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Silence and The Gospel

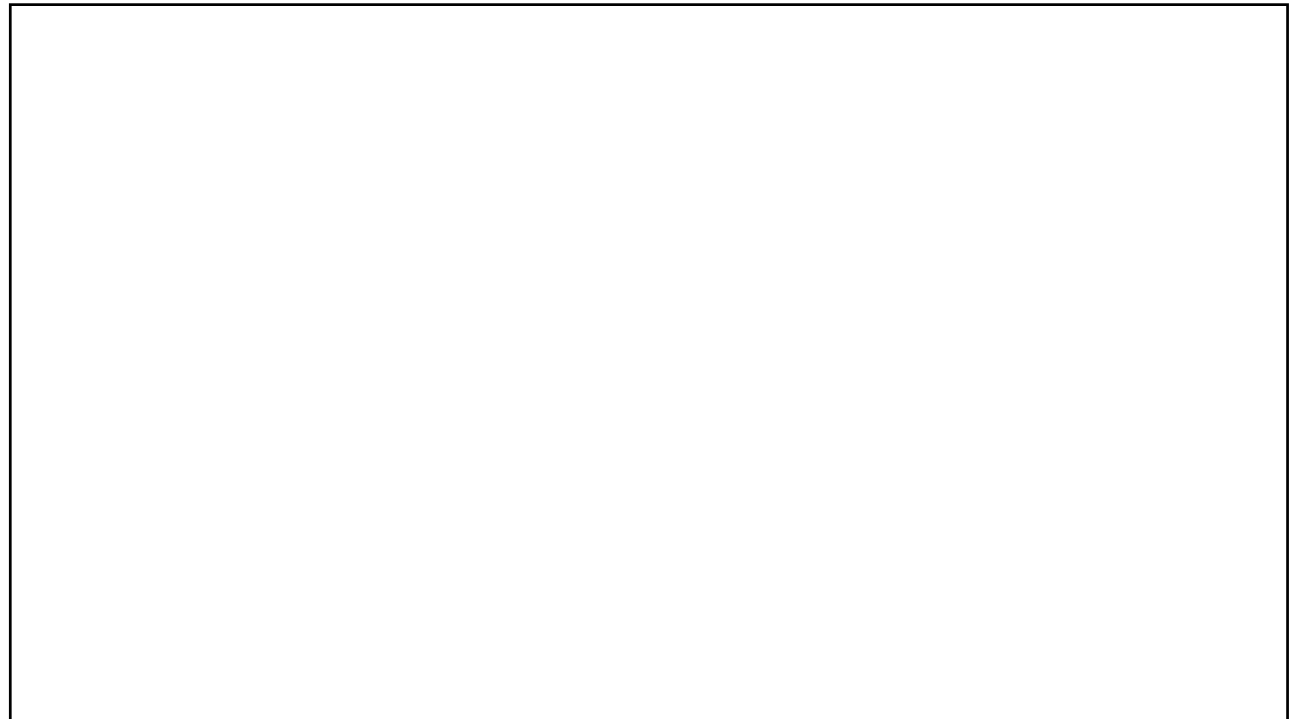
- Luke 23 and the silence Jesus bears for us to be free

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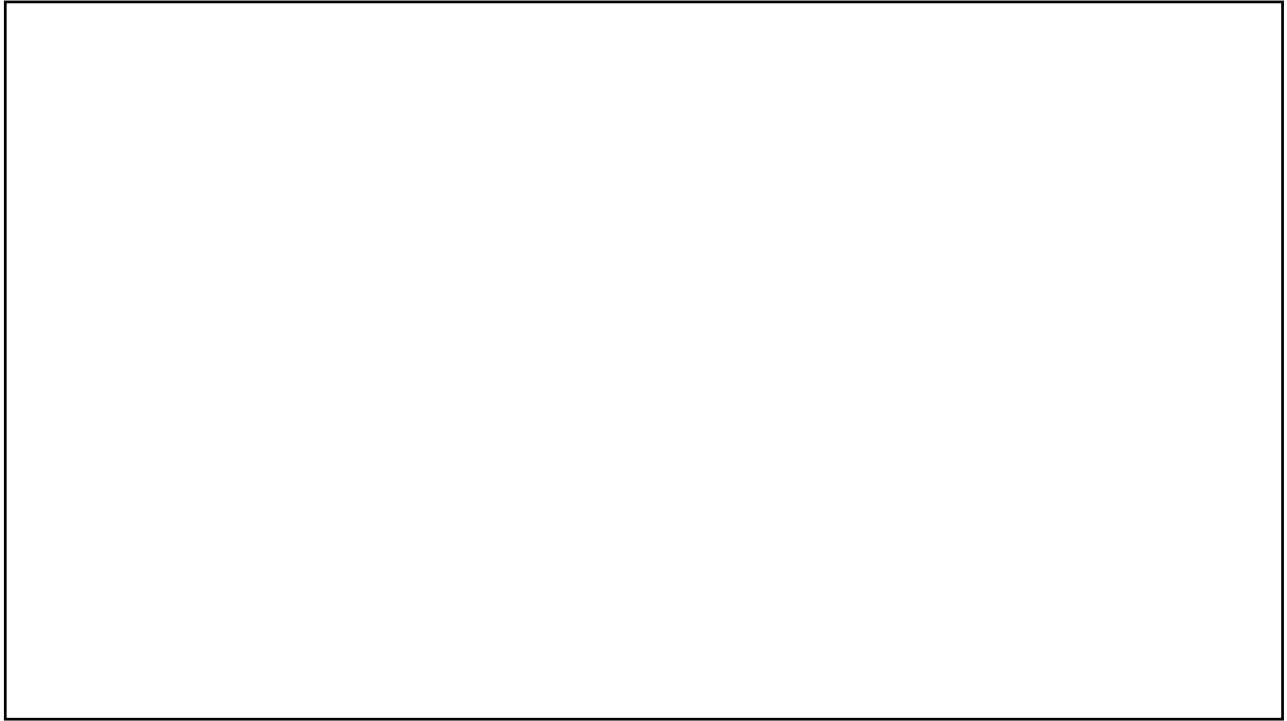
Critiquing Mindfulness

- We do not empty ourselves out to be filled with anything but the Word of God.

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