GAME READY

Silence and Solitude

***Too much noise and hustle in life can leave us…***

* ***Inwardly focused –*** *“There he went into a cave and spent the night. And the word of the LORD came to him: ‘What are you doing here, Elijah?’ He replied, ‘I have been very zealous for the LORD God almighty…I am the only one left, and now they are trying to kill me too.’”* ***(1 Kings 19:9, 10b)***
* ***Outwardly frustrated –*** *“The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword.”* ***(1 Kings 19:10a)***

*And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.*  ***(1 Kings 19:12b-13)***

***Solitude and silence can teach us…***

* ***The practice of restraint –*** *“In your anger do not sin; when you are on your beds, search your hearts and be silent. Offer right sacrifices and trust in the LORD.”* ***(Psalm 4:4-5)***
* ***How to be “hands off” –*** *“Be still before the LORD and wait patiently for Him…”* ***(Psalm 37:7)***

*“Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today…the LORD will fight for you; you only need be still.”* ***(Exod. 14:13, 14)***

* ***How to let the soul out –*** *“I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me. My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death…But you, O LORD, be not far off; O my Strength, come quickly to help me.”* ***(Psalm 22:14-15, 19)***
* ***How to build inner conviction for future direction –*** *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. Simon and his companions went to look for Him, and when they found Him, they exclaimed, ‘Everyone is looking for you!’ Jesus replied, ‘Let us go somewhere else – to the nearby villages – so I can preach there also. That is why I have come.’”* ***(Mark 1:35-38)***

***Practicing the spiritual fundamentals through…***

* ***Music in solitude (worship)***
* ***Prayer in solitude (share)***
* ***Journaling in solitude (examine)***
* ***Scripture in solitude (listen)***