

Wednesday Sermon Outline – March 18, 2015

**Solitude**

Ecclesiastes 5:1-2; Mark 1:35; Luke 6:12;  
Matthew 14:13a, 22-23; 26:36-46

The classic Spiritual Disciplines of the Christian Faith

- The Inward Disciplines: **Meditation (2-25)**, Prayer, **Fasting (3-4)**,  
Study
- The Outward Disciplines: **Simplicity (3-11)**, **Solitude (3-18)**,  
Submission, Service
- The Corporate Disciplines: Confession, Worship, **Guidance (3-25)**,  
Celebration

1. Self-assessment. *Check the box if it is mostly true for you.*

- There is not enough solitude in my life.
- There is too much noise in my life.
- I talk too much.
- I don't seem to hear God speak to me very often.
- How are these four statements related to each other?
- What diminishes the amount of solitude in our lives?

- While God is continually speaking to us, when will we most often hear God?

2. What is the spiritual discipline of solitude?

- “Without silence there is no solitude. We must understand the connection between inner solitude and inner silence; they are inseparable.” - Richard Foster, Celebration of Discipline
- “We must come to understand and experience the transforming power of silence if we are to know solitude. Though silence sometimes involves the absence of speech, it always involves the act of listening.” - Richard Foster, Celebration of Discipline

3. When was Jesus silent before God, the Father?

- Mark 1:35 –
- Luke 6:12 –
- Matthew 14:13 –
- Matthew 14:22-23 –
- Matthew 26:36-46 –

4. What do I have to do in order to hear God?

- Ecclesiastes 5:1-2 (page 1039)
  - 1) We “listen rather than to offer the \_\_\_\_\_.”  
What is the “sacrifice of fools?”
  - 2) What does verse 2 teach us to do? Why?
- Why are we so motivated to talk too much?

5. Steps into solitude:

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6. What did God say to you?