

# Save Our Souls

## Silence Obedience Solitude

10/23/16

Psalm 62:1-2; 5-8

1. For God alone my soul waits in silence; from him comes my salvation
2. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.
5. For God alone, O my soul, wait in silence, for my hope is from him.
- 6 He only is my rock and my salvation, my fortress; I shall not be shaken.
- 7 On God rests my salvation and my glory; my mighty rock, my refuge is God.
- 8 Trust in him at all times, O people; pour out your heart before him God is a refuge for us.

All spiritual disciplines are for the purpose of causing us to know God more deeply, enjoy His everlasting love and in return to learn to love Him

### The need for solitude

1. "Come away by yourselves to a lonely place and rest a while" Mark 6:31
2. "Settle yourself in solitude and you will come upon Him in yourself" Teresa of Avila
3. "One who wants fellowship without solitude plunges into the void of words and feelings, and one who seeks solitude without fellowship perishes in the abyss of vanity, self-infatuation and despair." Dietrich Bonhoeffer
4. "The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. 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. Then a voice said to him, "What are you doing here, Elijah?" 1 Kings 19:11-13

The soul needs time to breathe...to exhale.

Getting alone with God makes quiet ...enabling us to contemplate God and His word  
It is getting out of our comfort zone to hear and see what is real.

### Solitude defined as a spiritual discipline

1. Solitude and its attending silence is an act of expectant and positive listening.
2. Through the stilling of the mind and the intentional separation from external and internal noise, I am more able to hear God's voice and discern the nudging/leading of the Spirit.
3. God is always speaking through the Spirit-holding creation together and aligning His followers with His heart and mind-it is in solitude that I make it my priority to listen to Him, and to align myself with Him.
4. God does not shout at us, instead He whispers. If we do not make time for silence, we can miss His speaking to us altogether. Psalm 46:10 "Be still, and know that I am God."

### Why should we do this discipline?

1. There is too much noise and distraction in the world that produces spiritual deafness. We need the ability to hear that we may more adequately follow "My sheep hear my voice" John 10:27
2. Jesus, as well as King David, Elijah & Moses demonstrated emersion in solitude as a means of soul care where they both sought and heard God.

### Requirements and how to incorporate solitude as a discipline in your life

1. A quiet and safe place out of the busy stream of life.
2. Create space for quiet contemplation and reflection to intentionally process before God.
3. Silence and inner solitude are inseparable. Without silence there is no solitude. Though silence involves the absence of speech, it always involves the act of attentive listening...of perceptual focus.
4. It is finally getting *alone* with God...when I become aware and focus my attention of heart and mind on God *alone*. This is the obedience to SOS Save our Souls