

Day 1 - The Discipline of Silence and Solitude to Follow Jesus' Example

There has perhaps been no point in history where exercising the discipline of silence and solitude has been more difficult for God's People.

When was the last time you were truly alone with the Lord?

In his book "Spiritual Disciplines for the Christian Life," Don Whitney identifies many reasons for the value of silence and solitude in the life of the Christian. This week we are going to look at several of his reasons.

Reason 1: To Follow Jesus' Example

This was the regular pattern of Jesus' life, to withdraw from the crowds and his ministry to the disciples in order that he might be alone with God.

Read *Mark 1:29-39*.

- What is the first event described in this passage? (*Verses 29-31*)
- What happened during the evening of this same day? (*Verses 32-34*)

So, Jesus spends an entire day and night healing people and casting out demons with the whole city gathered outside his door.

- What does he do before sunup the following morning? (*Verse 35*)

The great reformer Martin Luther was once quoted as saying, "I have so much to do that I shall spend the first three hours in prayer." It seems like Jesus felt the same way.

Close in prayer that God would help you to reprioritize your life so that you might make the time to follow Jesus' example of seeking a time of silence and solitude to be with the Father.