

The Dot - 11/3/20

Spiritual Disciplines and Practices: **Solitude**

Interview with Nathan Hopkins



Definition:

Solitude is the discipline of scheduling uninterrupted and undistracted time to be alone with God. The desire is to leave people behind in order to enter a special time and space with God.

Scripture:

- Mark 1:35- *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.*
- Lamentations 3:28- *Let him sit alone in silence, for the Lord has laid it on him.*
- 1 Kings 19:11- *The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."*

Reflection Questions:

- Do you prefer to be alone or surrounded by others? Why?
- What are your thoughts on practicing 'Solo Time' or 'JAM (Jesus And Me) Time'?
- Have you ever tried spending a regular extended time with God? What was it like?
- Jesus was so good about getting away to be along with His Father. Why was this a priority for Jesus?
- What are some of the distractions that you face in your life that make it hard to be present with God?
- What are some of the benefits of being alone with God is silence and solitude?

Spiritual Exercises:

- Set a specific time in the day or week for you to practice 15-30 minutes of solitude. Turn off your phone, get rid of distractions, shut out the noise, and be present with God.
- During your time of solitude, try focusing on a single verse, praying, journaling, and listening for God's voice.
- Choose to set aside half a day to be alone with God. Go on a hike, ride your bikes, relax at a park.
- "Divert daily, Withdraw weekly, Abandon annually." - Rick Warren
 - 1. Divert Daily – Relax by being physical to get away from the mental. Leave your worries and problems aside
 - 2. Withdraw Weekly – Call it your sabbath. Don't do your chores. Turn off your email and your phone. Completely disconnect. Focus on the family.
 - 3. Abandon Annually – Completely get away from it all. Don't take your laptop or your cell phone.

Additional Resources:

- *Spiritual Disciplines Handbook* by Adele Calhoun
- *How to Practice Solitude* - <https://www.thenivbible.com/blog/how-to-practice-solitude/>