**Silence and Solitude**

Matthew 4, Mark 1

February 9, 2020

**Why is silence and solitude a key rhythm for a follower of Jesus?**

“Eremos”- the place of solitude.

Reasons we don’t foster silence and solitude:

Reasons to develop a rhythm of silence and solitude:

1. We reconnect with God.
2. We rediscover ourselves.
3. We rediscover what’s most important in life.
4. We recharge at every level.

Going Deeper:

1. In what ways is God calling me to make the practice of silence and solitude a regular rhythm in my life?
2. What will I do this week to make that change?

**Matthew 3:16 - 4:2**

As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and lighting on him. 17 And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."

4:1 Then Jesus was led by the Spirit into the desert to be tempted by the devil. 2 After fasting forty days and forty nights, he was hungry.

**Mark 1:32-35**

That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

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.

**Luke 5:16**

But Jesus often withdrew to lonely places and prayed.

**Mark 6:31**

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

**John 10:27**

My sheep listen to my voice; I know them, and they follow me