



TEACHER | MARK SCHATZMAN

# SOLITUDE + SILENCE



A person is lying in bed, reading an open book. A white cup with the word 'CRE' on it is on the bed next to the book. The person is wearing a black shirt. The bed has white sheets and a patterned pillow. The background is dark.

# RHYTHMS


- 1 SPIRITUAL FORMATION
- 2 PRAYER + MEDITATION
- 3 FASTING
- 4 SIMPLICITY
- 5 WORD
- 6 CONFESSION
- 7 SOLITUDE + SILENCE**
- 8 WORSHIP + CELEBRATION
- 9 SABBATH
- 10 SERVICE



## **1 Kings 19:9** <sup>NIV</sup>

There he went into a cave and spent the night. And the word of the Lord came to him: “What are you doing here, Elijah?”






There is a world of difference between isolation and solitude. They may contain similar characteristics, but in reality, they are worlds apart. Solitude is a chosen separation for refining your soul. Isolation is what you crave when you neglect solitude.

- Wayne Cordeiro





Loneliness is inner emptiness.  
Solitude is inner fulfillment.

- Richard Foster, *Celebration of Discipline*



## **1 Kings 19:11a** <sup>NIV</sup>

The Lord said, “Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.”





## **1 Kings 19:11b-12a** <sup>NIV</sup>

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. <sup>12</sup> After the earthquake came a fire, but the Lord was not in the fire.



## 1 Kings 19:12b-13 <sup>NIV</sup>

And after the fire came a **gentle whisper** [sound of small quiet]. <sup>13</sup> 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?”





## **Psalm 119:18** NET

Open my eyes so I can truly see the  
marvelous things in your law!





## **Mark 1:32-33** NIV

That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The whole town gathered at the door,...





### **Mark 1:32-33, 35** NIV

That evening after sunset the people brought to Jesus all the sick and demon-possessed. <sup>33</sup> The whole town gathered at the door,...

<sup>35</sup> 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.





# Jesus and Silence/Solitude

At once the Spirit sent Him into the wilderness... Mark 1:12

Jesus got up,... and went off to a solitary place, where he prayed. Mark 1:35b

“Come with Me by yourselves to a quiet place and get some rest.” Mark 6:31b






# Jesus' Invitation

Mark 6:31b <sup>NIV</sup>

"Come with Me **by yourselves** to a **quiet place**  
and get some rest."







Let him who cannot be alone beware of community.  
Let him who is not in community beware of being alone...  
After a time of quiet we meet others in a different and  
fresh way.

- Dietrich Bonhoeffer, *Life Together*







**Mark 6:31b** <sup>NIV</sup>

**“Come with Me by yourselves to  
a quiet place and get some rest.”**

