

## **The Lent Experience**

### **Challenge #2: Silence and Solitude**

#### **Why Solitude?**

Solitude is the only way to tune out all of the noise of life.

If I truly want to know God and learn to hear His voice I must get ride of all of the noise clutter.

#### **The Benefits of Solitude:**

Ever wonder why Jesus seemed to have a laser-focused awareness on what the Father wanted Him to do in any given moment?

Ever wonder why Jesus had such a clear sense of the purpose and mission for His life?

#### **Matthew 4:1 (ESV)**

<sup>1</sup> Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

#### **Matthew 14:23 (ESV)**

<sup>23</sup> And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,

#### **Mark 1:35 (ESV)**

<sup>35</sup> And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

#### **Luke 4:42 (ESV)**

<sup>42</sup> And when it was day, he departed and went into a desolate place. And the people sought him and came to him, and would have kept him from leaving them,

We should do the same.

#### **Tips for Your Hour of Silence & Solitude**

- **Don't turn it into a reading time.**
- **Bring your journal. Write down your thoughts and prayers.**
- **Be honest. Talk with God.**
- **Four things to think about:**
  1. **God**
  2. **You**
  3. **Sin**
  4. **The Cross**
- **Feel free to be moving – go for a walk.**
- **Listen!**
- **Don't get too comfortable . . . like lying on a couch.**
- **Don't worry about "wasting your time".** Those thoughts are normal – and part of the problem.