

# Be Still and Know

THE WAY WEEK 7 | JOHN REILLY

Spiritual Disciplines of Engagement

- Prayer
- Generosity
- Service

Spiritual Disciplines of Disengagement—require that we remove something from our lives

- **Fasting**
- **Solitude**
  - Luke 5:15-16
  - Matthew 14:13
  - Mark 1:35

Desolate place:

- Empty; void of people, distraction and noise
- Appears in scripture over 300 times

“Solitude is the furnace of transformation. It is the place of the great struggle and the great encounter—the struggle against the compulsions of the false self, and the encounter with the loving God who offers Himself as the substance of the new self.”

—Henri Nouwen

## 1. Solitude is a place where God transforms our ability to hear His voice.

- 1 Kings 19:11-13
- God spoke to him in the silence.

→ When there is a lot of noise in our lives, it's hard to hear God's voice.

Reasons we lose focus:

- Amount of time spent looking at screens
- Interruptions (notifications, multi-tasking, etc.)
- Sleep deprivation
- Decline of reading for pleasure

Be still, and know that I am God.  
I will be exalted among the nations  
I will be exalted in the earth!  
Psalm 46:10

**2. Solitude is a place where God reveals the overlooked rebellion in our heart.**

- Deuteronomy 8:1-2
- God put them in the desert to test them, to refine their hearts.

→ God will reveal the things in our lives that we can't see and need to be removed.

**3. Solitude is a place where God invites us to truly rest in Him.**

- Matthew 11:28-30
- Jesus knows what the weight of the world feels like and invites us into solitude with Him.

→ Solitude is not a mental health day or a day off to tackle your to-do list, it is time to clear out the noise and engage with our Father.

**Solitude Challenge**

1. Finding time vs making time
2. Try it, but don't be heroic
3. Don't fill the void
4. Take truth as your guide

→ Satan doesn't have to defeat you if he can distract you. Satan tempts Jesus in the wilderness during His time of solitude. Take scripture with you.

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

James 4:8

the way.

DOING WHAT JESUS DID