

Disciplines of the Christian Life

Mark 6:30-32

“Silence is Golden” – How to Meditate on God Alone

Silence and solitude (S&S) are important at all stages of ministry.

Before ministry – S&S _____ us to do ministry.

Jesus was alone for _____ days.

Matthew 4:1-2

Paul was alone in Arabia for _____.

Galatians 1:17-18

Moses was alone for _____.

Acts 7:23

Acts 7:30

After ministry – S&S bring _____.

_____ regularly got away after ministry.

Matthew 14:23

Mark 6:45-46

_____ got away for _____ days.

1 Kings 19:8

1 Kings 19:9

During ministry – S&S refocus our _____ and _____.

The _____ we are, the more we need S&S.

Mark 6:30-31

Sometimes, you have to _____ your own S&S.

Mark 6:32

Silence and solitude give us special times with _____.

Jesus is always in the _____ with us.

Matthew 14:27-29

S&S are vital since only Jesus can _____ the storm.

Matthew 14:30-32

Being _____ and _____ robs us of the pleasure of time with Jesus.

Matthew 8:24-25

Error #1 – “We’re going to drown!” Looking at the _____ makes us frantic and frenzied.

Matthew 8:26

Error #2 – “Why are you so afraid?” Looking at the storm, takes our _____ of Jesus.

Matthew 8:27

S&S help us realize that Jesus is in the boat with us and we _____.

Here are some practical ways that you can get some S&S.

Create some “_____” where you can meditate on some character quality of Jesus.

While you’re sitting at a _____.

While your in _____ at the _____.

When you’re on hold on the _____.

_____ for one minute after you’ve

_____ for your meal.

Set aside _____ times for S&S.

_____ before the children.

Take time while the children are _____.

Fast and pray during your _____ break.

Locate some _____ for S&S.

Find a lonely place in your _____.

The _____, a _____, the

_____, the _____...

Find a lonely place in the _____ such as an empty _____.

Go to a _____, the _____, or find a _____ where you can be alone.

_____ can trade off days with other _____ in order to create times of S&S.

Mothers can prepare for re-entry with their children by _____ in advance.

Focus on _____ the children rather than focusing on the “_____” that may accompany the children.

Plan for a _____ of S&S.

➤ Take your _____, _____ and a _____.

➤ Make a _____ of things you need to _____ about.

➤ Select _____ or _____ of Scripture to read.

➤ Select a portion of Scripture to _____ on.

➤ Focus on what _____ really sounds like.

➤ Create a modern day _____ about what you have _____ in your retreat and write it down.