

# HABITS OF THE HEART

Silence & Solitude | January 5, 2025

**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 alighting on him. <sup>17</sup> And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.” Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> After fasting forty days and forty nights, he was hungry.*

**Mark 6:30-32** *The apostles gathered around Jesus and reported to him all they had done and taught. <sup>31</sup> 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.” <sup>32</sup> So they went away by themselves in a boat to a solitary place.*

**Mark 6:45-47** *Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. <sup>46</sup> After leaving them, he went up on a mountainside to pray. <sup>47</sup> Later that night, the boat was in the middle of the lake, and he was alone on land.*

**Luke 5:15-16** *Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. <sup>16</sup> But Jesus often withdrew to lonely places and prayed.*

Silence and solitude allows for \_\_\_\_\_ with God.

Silence and solitude allows us to \_\_\_\_\_ to God.

Silence and solitude allows us space for \_\_\_\_\_ and \_\_\_\_\_.

**Psalm 46:10** *Be still and know that I am God.*

**Psalm 62:1** *For God alone my soul waits in silence; from him comes my salvation.*

**Psalm 131:2** *But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.*

**Psalm 139:23-24** *Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup> And see if there be any grievous way in me, and lead me in the way everlasting.*

## PRACTICING SILENCE AND SOLITUDE

*Part 1 – Deep breathing and clearing your mind*

- Breathe In and Out deeply
- Repeat, “Jesus, I give everyone and everything to you.”

*Part 2 – Slow reading of Scripture*

- Read a portion of Psalm 62 (*The Message*) – 3x slowly (verses 5-8)
- Notice what word or phrase the Lord is highlighting for you.

*Part 3 – Reflection with Jesus*

- Jesus, what is something you want me to know about you?
- Jesus, what is something you want me to know about me?

*Habits don’t change God’s love for us, but God’s love for us should change our habits. (Justin Whitmel Earley)*

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