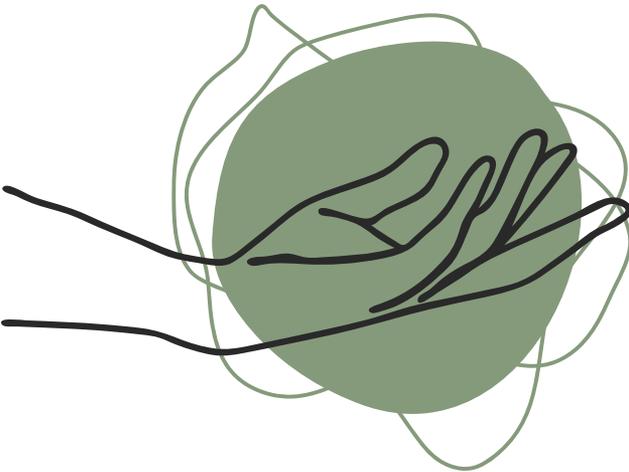


# solitude

*“Cease striving and know that I am God*

*PSALM 46:10 NASB*





# intro

The purpose of spiritual disciplines is to help us enjoy the presence of God. These can quickly become a to-do list about the path to a successful life. We must resist the temptation to practice a spiritual discipline in order to prove something to ourselves, God, or anyone else. The purpose of these disciplines is not to impress Him. Our goal is not that He would see more of you, but that you would see more of him.

This is what makes solitude such a vital discipline for your spiritual life. Solitude is the practice of Psalm 46:10, “Cease striving and know that I am God”.

## Solitude reminds you of three things:

1. You are a created being.
2. Your creator is the Lord and He’s all-powerful.
3. Jesus has reconciled you back to your creator.

Anything else solitude might do for you is the benefit of you being silent and still remembering your place in life and God’s place in yours. What changes when you remember that?

Everything.

# how

This Solitude Journal is designed to help you cease striving in specific areas where our world encourages endless striving. The world tells us we must strive to justify ourselves, establish our identity, make our lives meaningful, create our value system, and find a place to belong. In God, through Jesus Christ, each of these needs has been objectively met. The pressures of the world around us cause us to forget who God is and who we are before Him, and we enter again into a state of striving. We can cease striving because He is God and in Him we have everything we need. This Solitude Journal will help you regain clarity and bring you back to reality.

# guide

## **Quiet**

Choose a quiet place free from distractions and schedule a time when you will not be interrupted.

Start with just one time per week.

## **Time**

If you're new at this, a good place to start is anywhere between 1-5 minutes.

## **Scripture**

Read a short portion of scripture. In this journal, we have suggested some scriptures for you along with an area of life in which God provides rest where we typically strive.

## **Silence**

Sit in silence and avoid creating to-do lists or plans. Just let God's truth soak into your heart

## **Journal**

Although you're seeking to avoid doing anything in these moments, it may be that during your time of silence, the Lord uses a verse to encourage you. Don't hesitate to write it down. When your time is up, take a few minutes to record your initial impressions.

## **Prayer**

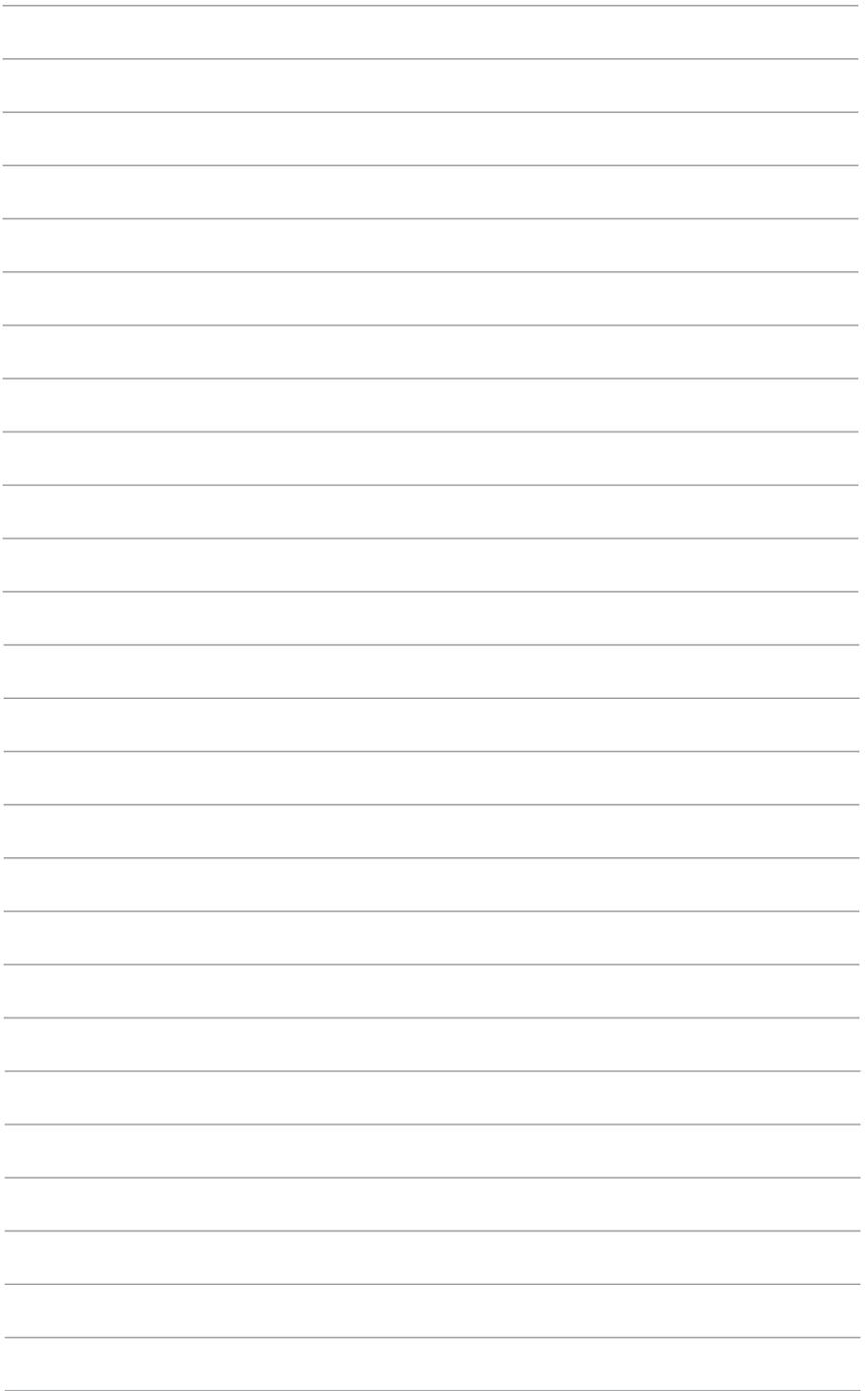
Close in prayer. End your time by expressing your gratitude to God.

cease  
striving  
to justify yourself

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*“But God demonstrates his love for us in this: While we were still sinners, Christ died for us. Since we have now been justified by his blood, how much more shall we be saved from God’s wrath through Him!”*

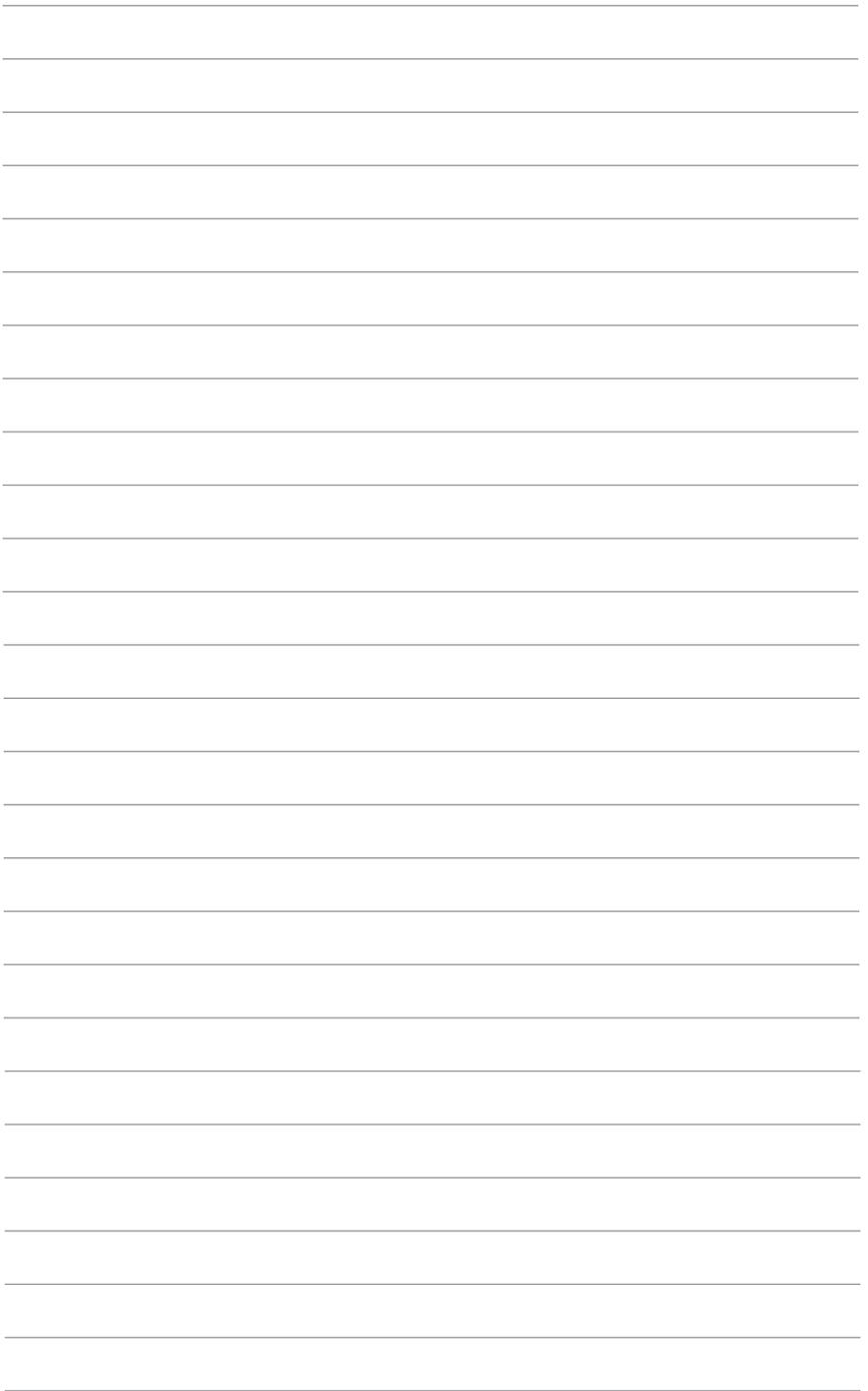
**ROMANS 5:8-9 (NIV)**











cease  
striving

to create your own identity

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*See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!*

1 JOHN 3:1 (NIV)











cease  
striving

to create your own meaning

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*"I am God, and there is no other; I am God, and there is none like me.  
I make known the end from the beginning, from ancient times, what is  
still to come. I say, "My purpose will stand, and  
I will do all that I please."*

ISAIAH 46:9-10











cease  
striving

to create your own values

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*I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.*

**GALATIANS 2:20 (NIV)**











cease  
striving  
for a place to belong

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*Consequently, you are no longer foreigners and strangers,  
but fellow citizens with God's people and also members of his house-  
hold, built on the foundation of the apostles and prophets, with Christ  
Jesus himself as the chief cornerstone. In him the whole building is  
joined together and rises to become a holy temple in the Lord. And in  
him you too are being built together to become a dwelling in which God  
lives by his Spirit.*

**EPHESIANS 2:19-22 (NIV)**











