

Silence & Solitude

The spiritual disciplines of silence and solitude have a long history in the Christian tradition. We can find lessons on practicing these disciplines in the Old Testament and we can study the ways Jesus regularly incorporated silence and solitude in his own life. So today on Groundwork we'll talk about these intricately connected disciplines for our spiritual lives by studying biblical examples from Mark 1:35-39 and 1 Kings 19:11-13.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How do you respond to times of unanticipated silence? Is your reaction to silence affected by the presence of people (i.e. during a conversation or a worship service as opposed to when you're alone)?
- What is your experience with solitude? Has it been a matter of coincidence or intentional planning? What did you take away from the experience?



LISTEN TO THE EPISODE: [Silence & Solitude](#)

READ [Mark 1:35-39](#), [1 Kings 19:11-13](#)

REFLECTION After listening, consider the following questions:

- How do the scriptures and culture compare in their perspectives on silence and solitude?
- In segment 2, Scott Hoezee mentions that times of silence & solitude were not purposeless downtime for Jesus; what benefits do you glean for your own relationship with God by observing Jesus' model of silence and solitude?
- Where in your house or place of work could you carve out space for silence and/or solitude? If you can't think of anything, are there any small changes you can make - time of day, rearranging furniture, etc - that might make an existing space more conducive for you?

RELATED PASSAGES for further study

[Mark 6:30-31](#), [Ecclesiastes 5:1-7](#), [Matthew 14](#), [Habakkuk 2:20](#)

CONCLUSION

In a time of silence and a place of solitude, listen for God. Do not try to empty your mind, rather sift through the thoughts that arise. If you need to write down to-do list items so you don't forget them, do so and return to quiet listening. What rises to the surface or repeatedly returns to your thoughts? How might God be speaking to you through the scripture that comes to mind or what might he be revealing to you about the state of your heart or your relationship with him?

“May the words of my mouth and the meditations of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.”

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