



The Renewal of Solitude

Mark 6:30-32

Listen! Have you ever seen someone fall off a treadmill? Treadmills are dangerous.

Why talk about this? Most of us are on a treadmill and we are almost ignorant of both the treadmill and its effects on us.

Consider please: Mark 6:30-32. (Page 32 in NT section of the little blue Bible.)

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Idea: There are many kinds of solitude:

- _____ **solitude** is being alone in some place for some period of time.
- _____ being emotionally isolated from other people for a variety of reasons—whether people are physically present or not.
- _____ **solitude** is being alone in an intellectual position or in a refusal to accept intellectual input from others.
- _____ **ritual solitude**, as a spiritual discipline, is getting to a secluded place for the inner exercise of silently entrusting myself to God, facing myself before God, seeking fellowship with God, and listening for direction from God.
 - **A secluded place:**
 - **An inner exercise:**
 - **Silently:**
 - **Entrusting myself to God:**
 - **Facing myself before God:**
 - **Seeking fellowship with God:**
 - **Listening for direction from God:**
 - **Resting:**

