

An unhurried life: SILENCE AND SOLITUDE

Theme Verses : “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1v35-39 “Be still and know that I am God” Psalm 46v10

Prayer – *Let’s Reconnect with God.....Our Way Prayer*

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God.
As I draw near to you God, would you draw near to me Teach me to pray. Speak lord. Your servant is listening.
A moment of quiet and stillness.....a prayer for our journey:

God bless the path on which we go;
God bless the earth beneath our feet;
God bless our destination.
God be a smooth way before us;
A guiding star above us;
A keen eye behind us;
This day and in the coming days.

**God be with me whatever I pass;
Jesus be with me whatever I climb;
Spirit be with me wherever I go.
God be with me each stop along the way;
At each lying down and each rising up.
In the trough of the waves, and the crest of the waves.
Each step of the journey I will take. Amen**



Praise – *Let’s Praise God’s BeautyPsalm 46 and Sung Worship*

- ¹ God is our refuge and strength,
 an ever-present help in trouble.
- ² Therefore we will not fear, though the earth give way
 and the mountains fall into the heart of the sea,
- ³ though its waters roar and foam
 and the mountains quake with their surging.
- ⁴ There is a river whose streams make glad the city of God,
 the holy place where the Most High dwells.
- ⁵ God is within her, she will not fall;
 God will help her at break of day.
- ⁶ Nations are in uproar, kingdoms fall;
 he lifts his voice, the earth melts.
- ⁷ The LORD Almighty is with us;
 the God of Jacob is our fortress.
- ⁸ Come and see what the LORD has done,
 the desolations he has brought on the earth.
- ⁹ He makes wars cease
 to the ends of the earth.
He breaks the bow and shatters the spear;
 he burns the shields with fire.
- ¹⁰ He says, “**Be still, and know that I am God;**



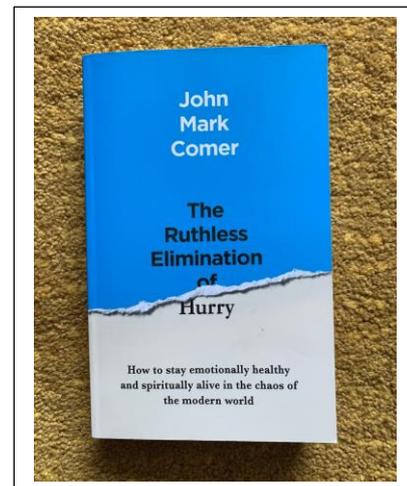
I will be exalted among the nations,
I will be exalted in the earth.”

¹¹The LORD Almighty is with us;
the God of Jacob is our fortress.

Songs: Way Maker and Reckless Love of God

God’s Word – Let’s Explore Together.....Our Bible Readings

Silence and Solitude: <https://www.youtube.com/watch?v=3CZDF0FIUuk&t=5s>



Mark 1v35-39 Jesus Prays in a Solitary Place

³⁵Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶Simon and his companions went to look for him, ³⁷and when they found him, they exclaimed: “Everyone is looking for you!” ³⁸Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” ³⁹So he travelled throughout Galilee, preaching in their synagogues and driving out demons.

Matthew 4:1-11 Jesus Is Tested in the Wilderness

⁴Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ²After fasting forty days and forty nights, he was hungry. ³The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” ⁴Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” ⁵Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶“If you are the Son of God,” he said, “throw yourself down. For it is written:” “He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.” ⁷Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’” ⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour. ⁹“All this I will give you,” he said, “if you will bow down and worship me.” ¹⁰Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” ¹¹Then the devil left him, and angels came and attended him.

Let’s Explore and Share....

Q1: Is it good to be bored....what does it make more possible?!

Q2: The Greek word for Desert is ‘eremos’ not meaning ‘sand and heat’ as we imagine but ‘desert’ in terms of a deserted place, a solitary place, a lonely place, a quiet place....a wilderness! In Christian life this has come to be known as ‘silence and solitude’ ...why we need this? (Clue: why Jesus

Q3: What is noise ‘externally’ and ‘internally’what do you find helpful to get and be quiet?

Q4: What is solitude and how might we find it?

Responding – Lets share how God is calling us to be Radically Generous this week

Let’s be still and respond for the week ahead:

What has God said to you?

What has God said to us as a group?

What is God saying to others?

Teach me, O Lord.....Give me understanding....

Direct me in your path....Turn my heart....

Song: Tremble



Prayer – Let’s pray together....

Themes in our coming Way times: Silence and Solitude, Simplicity, Sabbath and Slowing

EXPLORATION **BEAUTY** **FREEDOM** **RADICAL GENEROSITY**