

## PRACTICES FOR THE WAY: "THE GIFT OF SOLITUDE"

1. **Solitude:**  
Stepping away from routine to gain what you need.
2. **The brain's limitations:** Our brain's take in an extraordinary amount of information; more than we are even aware of or even meant to handle.
3. **Luke 5:15-16** "...Jesus often withdrew to lonely places to pray."
4. **Elijah, a busy man.** 1 Kings 18 & 19
5. **The Angels urging**  
"Get up and eat for the journey too much for you." (1 Kings 19:7)
6. **The big question**  
"What are you doing here Elijah?" (1 Kings 19:9)
7. **Successful Solitude**  
"Go out and stand in the presence of the Lord," (1 Kings 19:9)
8. **Helpful Considerations**
  - Pick a time/ place.
  - Let go to receive.
  - No lists or agendas
  - Look/listen for the Lord
  - Gentle to your distractions
9. **Protect God's investment**  
Proverbs 4:23

### Reflective Questions:

- 1) When the angel said "Get up and eat for the Journey is too much for you". What does that tell you about the character of God?
- 2) When Jesus went off by himself when others were looking for him, what might have been his mindset during those occasions that allowed him to get away?
- 3) Elijah was doing just what he was supposed to do and yet he ended up depleted. Is the secret, don't do too much, make sure you schedule in "recovery time" or both? Explain why.



### **Community Groups—Finding friends; finding strength**

Community Groups meet in homes or at the church. It is a time to share life's experiences and to study the Bible. For more information, or to sign up for a group, mark "Small Groups on your Connection Card.