

THRIVE

(Habits of Grace)

desert breeze
community church



Saturday & Sunday, October 15/16, 2016 Ray Davis

“Silence & Solitude”

It is unhealthy to always want people around, and unhealthy to rarely want them around. All of us are inclined to one extreme or the other. Without solitude we are active but shallow. Without fellowship we can be deep, but stagnant. Christlikeness requires both. Silence and solitude is learning how to take a break from the chaos of life to behold the glory of Christ and become whole.

Why Is It Important?

Mark 1:35-39

- Intimacy with God (Silence/Solitude) will make or break your impact in this world. Rom12:2; Ps1:1-6
- Intimacy with God will give us better boundaries with greater balance between silence/solitude & noise/community.
- Intimacy with God will give us greater balance between grace & truth. John17:15-18; Luke 7:34; Eph4:15

How Do We Do It?

✓ BE STILL

Psalm 46:10 Be still, and know that I am God. To “be still” means NOT to be inordinately anxious, angry or depressed. Gen3:9; Pro20:5; Heb4:12

- Recognizing, naming and managing my emotions. Pro4:23
- Being aware of how my past impacts my present. Eph4:26-27; Heb12:15
- Breaking free from my hurts, habits and hang-ups. 1John1:8-9
- Identifying and replacing counterfeit gods. The reordering of our loves. Ex20:3; Rom1:25; 1John5:21
- Becoming skilled at forgiveness, reconciliation and trust. Matt6:12, 14-15, 5:23-26, 18:15-17, 3:8

✓ BEHOLD

2Corinthians 3:18 And we all with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

- It is beholding the glory of Christ we become whole. Seeing, savoring and showing Christ is the heart of mental health.

Ex33:20; John1:14; 2Cor3:18, 4:6

- Beholding His glory is to have our hearts enabled by the Holy Spirit to sense His presence in communion & interaction with Him. Eph3:16-19
- Beholding His glory is to find Christ more desirable, beautiful and satisfying in Himself than anything in this world. Phil3:8; Ps27:4, 63:3
- Beholding His glory is applying the truth of who Jesus is and what He has done for you specific to where your heart is most restless. Matt11:28-30; Ps34:18; 2Cor1:3-4
- Beholding His glory is seeing Jesus give to you the very thing your heart most wants from your counterfeit god(s). Phil4:11-13; Ps23

The apex of God’s glory is the good news (Gospel) that God has reconciled us to Himself by sending His Son Jesus to die in our place for our sins, and all who repent and believe have eternal life!

Rom3:23, 6:23, 5:8, 10:9-10

Growing Notes

1) It is unhealthy to always want people around, and unhealthy to rarely want people around (Gen2:18; Gal6:2, 5). Explain. All of us are inclined to one extreme or the other. Which extreme are you inclined to? Why does growing into Christlikeness require both?

2) Read Mark 1:35-39. What does the passage say (Observation)? What does the passage mean (Interpretation)? How does intimacy with God make or break our impact in this world? How does intimacy with God help us with better boundaries and greater balance in our lives?

3) Practicing Silence and Solitude 1st means to “Be Still”. Read Psalm 46:10 and review the corresponding points and cross references. Which one(s) are strengths and which one(s) are growth areas for you?

4) Practicing Silence and Solitude 2nd means to “Behold”. Read 2Cor3:18 and review the corresponding points and cross references. Which one(s) are strengths and which one(s) are growth areas for you? What is God speaking to you through this study? Pray