

Be Still and Know that I AM God

Solitude with the LORD

How to nurture the
discipline of communion
with God





Seeking God in Solitude

- * **What does it mean to be alone with God?**
In fact, why pursue this type of relationship with God at all?
- * **What barriers do we face in pursuing regular quiet time with God?**
- * **Building on Scripture**
Don't forget the promises!
- * **Tips to build your own quiet time.**
Practical steps you can take in your own life and modify to fit your needs



What does it mean to be alone with God?

Are you scared of silence?
How often have you asked a
question of God, and not listen
for an answer? Is your prayer a
monologue instead of dialogue?

“The presence of God gives more power than the approval of people. We try to serve God without spending time with God. We try to fight spiritual battles without spiritual rest. We try to run on empty tanks and wonder why we crash. Solitude wasn't optional for Jesus. It was essential.... Remember Elijah? The wind wasn't God. The earthquake wasn't God. The fire wasn't God. God was in the gentle whisper. But you can't hear a whisper when your soul is loud. Solitude strips away the false self and reveals the person God is shaping you into. ...The issue isn't God. It's the noise. Silence resets the heart. It reawakens desire. It softens the spirit.... Solitude is the soil of spiritual maturity.... Silence is not empty. It is sacred. And God meets those who slow down long enough to notice him.”

BibleFix YouTube Channel;

Solitude and Silence with God: How to Hear God's Voice in a Noisy World

Solitude

The quality or state of being alone or remote from society. Short-term solitude is often valued as a time when one may work, think, or rest without disturbance. It may be desired for the sake of privacy.

<https://www.merriam-webster.com/dictionary/solitude>

<https://en.wikipedia.org/wiki/Solitude>



Mediation

Close or continued thought; the turning or revolving of a subject in the mind; serious contemplation.

Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O Lord, my strength and my Redeemer. [Psalms 19:14](#).

<https://webstersdictionary1828.com/Dictionary/meditation>



“Abiding peace, true rest of spirit, has but one Source. It was of this that Christ spoke when He said, “Come unto Me, all ye that labor and are heavy-laden, and I will give you rest.” Matthew 11:28. “Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you.” John 14:27. This peace is not something that He gives apart from Himself. It is in Christ, and we can receive it only by receiving Him.

Christ is the wellspring of life. That which many need is to have a clearer knowledge of Him; they need to be patiently and kindly, yet earnestly, taught how the whole being may be thrown open to the healing agencies of heaven. When the sunlight of God's love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body.”

— E.G. White, Ministry of Healing 18



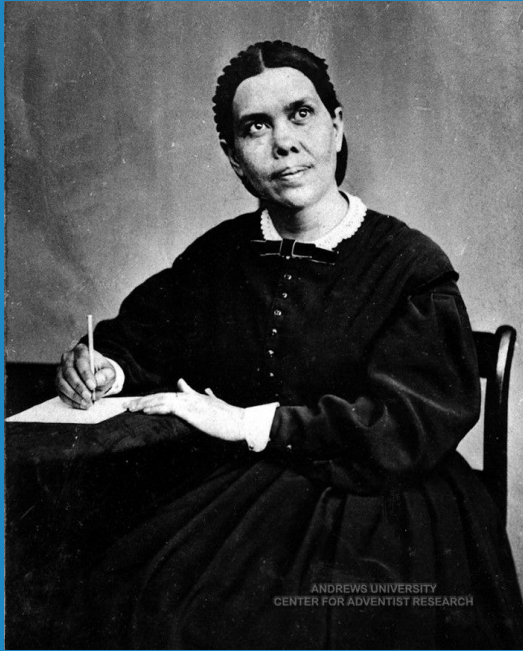
“We live, in fact, in a world starved for solitude, silence, and private: and therefore starved for meditation and true friendship.”

— C.S. Lewis, [The Weight of Glory](#)



“...in the time of great trouble HOLY SOLITUDE is commended to us: ‘Let him sit alone.’ (Lam.3:28) I earnestly advise you who are under concern of soul to seek to get alone, and to be quiet and thoughtful in your solitude; not merely to be alone, but to sit by yourself like a person in the posture of thought.... In this age, we all live too much in company; and in a great city like this, we are busy from morning to night, and we do not get the opportunities for quiet reflection which our forefathers were wont to take. I am afraid, therefore, that our religion is likely to become very superficial and flimsy for the want of solitary, earnest thought.... It would be better for us if we deliberated more, if we used our own judgment, if we drew near to God in our own personality, and were resolved that, whatever others might do, we would seek to be personally guided by the Lord himself.” Get alone again, dear friend...”

— Charles H Spurgeon, June 13, 1886



“Many attend religious services, and are refreshed and comforted by the word of God; but through neglect of meditation, watchfulness, and prayer, they lose the blessing, and find themselves more destitute than before they received it. Often they feel that God has dealt hardly with them. They do not see that the fault is their own. By separating themselves from Jesus, they have shut away the light of His presence. It would be well to spend a thoughtful hour each day reviewing the life of Christ from the manger to Calvary. We should take it point by point and let the imagination vividly grasp each scene, especially the closing ones of His earthly life. By thus contemplating His teachings and sufferings, and the infinite sacrifice made by Him for the redemption of the race, we may strengthen our faith, quicken our love, and become more deeply imbued with the spirit which sustained our Saviour. If we would be saved at last we must all learn the lesson of penitence and faith at the foot of the cross.”

— E.G. White, *Desire of Ages* 38/ *Testimonies* 4



“God is not a suggestion box. He is a Father”

— Bible Built YouTube Channel

Are you listening? Psalm 5:3 says:

“In the morning, Lord, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.”



“By constantly contemplating heavenly themes, our faith and love will grow stronger. Our prayers will be more and more acceptable to God, because they will be more and more mixed with faith and love. They will be more intelligent and fervent. There will be more constant confidence in Jesus, and you will have a daily, living experience in the willingness and power of Christ to save unto the uttermost all that come unto God by him. By beholding we are to become changed, and as we meditate upon the perfections of our divine Model, we shall desire to become wholly transformed and renewed in the image of his purity. There will be a hungering and thirsting of soul to be made like Him whom we adore. The more our thoughts are upon Christ, the more we shall speak of him to others, and represent him to the world. ”

— E.G. White, Review and Herald, 6/12/1888



“Glenn Coon uses Bible promises as a special support to his faith when he experiences agony over difficulties beyond his power to solve. He had taken a promise such as Philippians 4:19 – ‘But my God shall supply all your need according to His riches in glory by Christ Jesus.’ He had in prayer quoted to the Lord the promise of Philippians 4:19 and then for perhaps 45 minutes to a full hour quietly reflected on God’s promise. As he did this, he said in effect, “Dear Lord, I know You are doing exactly what You said You would do in Philippians 4:19. You are supplying my needs.” During a time of deep and distressing financial needs in fostering a missionary project, when success seemed impossible, Mr. Coon contemplated this promise for about an hour. At the close of that time, he arose from his prayer in perfect peace and went to preach a sermon scheduled in a community church. There, he spoke of God’s wonderful answers to prayer. God rewarded his simple, childlike faith by impressing two of the hearers of that sermon to turn into that missionary project about \$12,000.”

— Glenn and Ethel Coon; God’s Promises Solve My Problems

(grammatical changes made to original quote by presenter for clarification purposes)

Building Blocks for Quality Solitude



Holy Spirit

Romans 8:9
2 Timothy 1:7
The Spirit can help guide
are thoughts and keep us
focused



Be Vocal and Sing

Psalm 47:6
"Thoughts follow words." Say
the promises of God out loud.
Talk to God as you would a
friend. This is a conversation.
Sing praises to Him.



Gratitude

Psalm 100
Thank God for answered
prayers in the past, for
His many promises and
for the answers He WILL
give you in answer to
current prayers



Positive Contemplation

1 Peter 5:7
Psalm 55:22
As you present your problems to the Lord, do
not stay in those problems but turn toward
God's encouragement and answers – if need
be physically turn toward Him



Listen

Psalm 46:10
Any good conversation
should include a lot more
listening than talking. Be
still and silent before God
and listen for His voice.



Peace

Matthew 11:28-30
John 14:27
By God's grace close this
experience with a deep
sense of the peace which
God has proffered to all
who ask



What barriers do we face in pursuing regular quiet time with God?

Modern distractions and old temptations

Barriers to Solitude



Noise

Noise, Noise, Noise. Everywhere. On your phone, in the street, at work at home, in your head.



Amusement

That Phone. It does everything and can amuse you for hours. We have a world built to distract and amuse us!



Work

Work is good. Work is creditable. But it also can take the time that belongs rightly to God.



Busyness

To-do lists are never ending. Our minds play an ever-repeating recording of all that we need to get done.



Family

God created family and connection. But family demands and needs can also distract us from prioritizing God.



Building on Scripture

How God talks to us!

The Bible – A Never-ending Treasure

God's Promises Are True

Hebrews 6:18
Titus 1:2
Matthew 24:35
Psalms 119:160
1 Kings 8:56
Numbers 23:19

God is strong enough to keep His promises

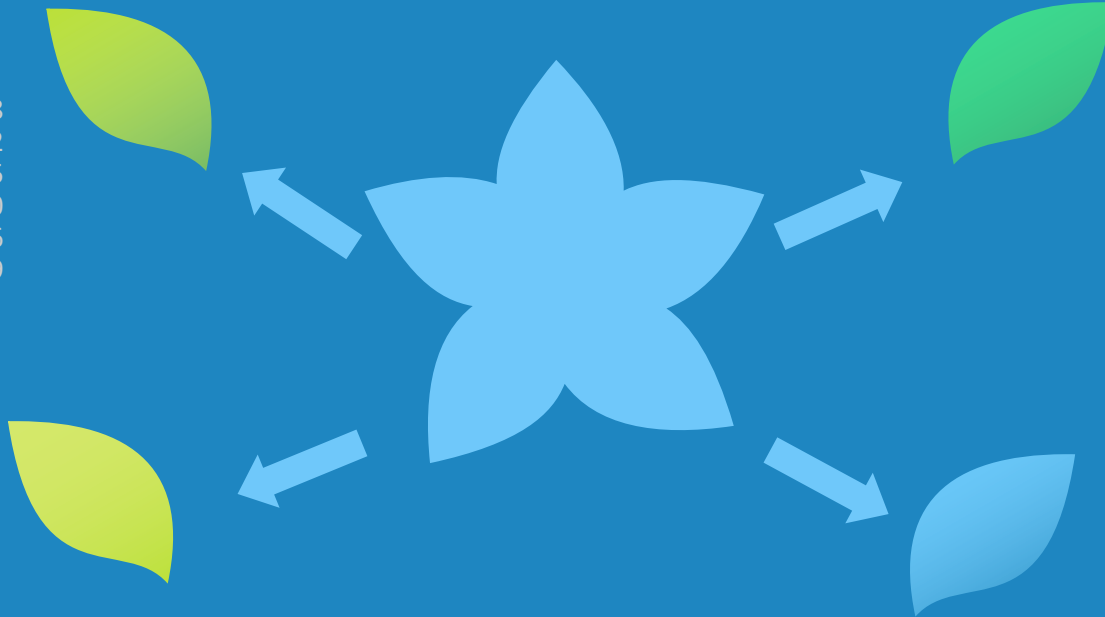
1 Corinthians 1:25
Isaiah 59:1
2 Chronicles 16:9
Numbers 11:23
Genesis 18:14

God's Promises never fail!

2 Peter 3:9
2 Corinthians 1:20
Isaiah 46:11
Psalms 89:34
Joshua 23:14

God wants to keep His promises

Hebrews 12:2
Hebrews 10:23
John 14:13,14
Matthew 7:7-11
Lamentations 3:23



Tips on Claiming Bible Promises



1 Time

Take time with a Bible promise – analyze it, ask God questions about it, study it in commentaries and the original wording, or just sit and think on it for awhile

2 Context Matters

Read the context of the promise to know how it was originally intended and to whom it was first given

3 Personalize the Promise

Personalize the promise to yourself or the person your praying for – put a name right into the verse

4 Believe the Promise

This may seem basic – but it is essential and is not presumptuous. If we lack faith, God has promised to give you more if you ask along with the Holy Spirit.

Romans 10:17
Romans 12:3
Matthew 7:7

Tips on Claiming Bible Promises



1 Use your finger

It might seem strange, but place your finger on the promise as you pray it. Or hold the promise in your hand. Physical connection with God's Word during prayer strengthens faith.

2 Bible Bookmarks

Write your concerns, worries, challenges and prayer requests on small slips of paper along with the corresponding promise text and put them in your Bible next to the verse

3 A Promise Journal

Make your own list of Bible promises for the challenges you face in life.

4 Thank God for His promises

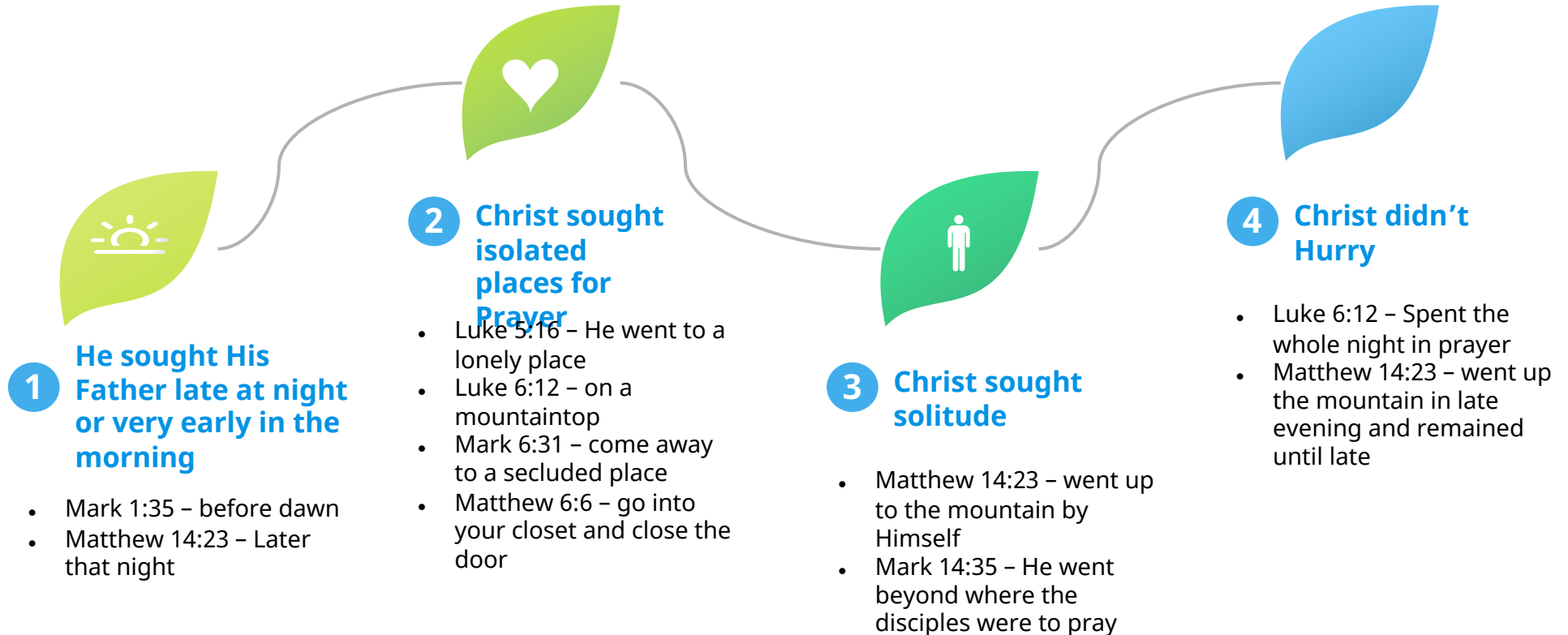
"Enter His gates with thanksgiving and his courts with praise."
Psalm.100
Gratitude opens God's heart just as it opens ours.

Tips to build your own quiet time.



I want this type of relationship with God – what do I do now?

Following Christ's Example



TIPS

TIME

Pick a time that has a low propensity for interruptions – any time will work as long as it is quiet. Middle of the night or early mornings can both be good candidates.

PLACE

A quiet place. A lonely place. A garden. A closet. An attic. A basement. A park. A car. Choose a quiet place.

MAKE IT BORING ON PURPOSE

Choose a place and time with few distractions. No TV, computer, work piles, to-do lists, dirty laundry, screaming children, hungry pets, etc.

POSTURE

Be comfortable. Stiff joints pain should not have to interrupt your concentration.

Imagination is a powerful tool

Let your mind's eye take you into the throne room of GOD ALMIGHTY. Send your imagination to seek after the scenes surrounding the Last Supper or Calvary's Cross. Try to picture your Savior sitting across from you with nail pierced hands, talking to you like a Friend.

References:



- * Ministry of Healing, chapter 18
E.G. White
- * God's Promises Solve My Problems
Glenn and Ethel Coon
- * Solitude and Silence with God: How to Hear God's Voice in a Noisy World
BibleFix YouTube Channel
- * Core Spiritual Disciplines
BibleFix YouTube Channel
- * The Conversation God Wants to Have With You
Bible Built YouTube Channel

Thank you!