

Hitting the Pause Button to Know God Better

Set the Stage

- Growing in our knowledge and understanding of God is the ultimate goal in life! Bottom line! Point blank! Period!
- One of the greatest ways of getting to know God in a deeper more personal way is by **practicing the spiritual disciplines**.
 - A spiritual discipline is an activity that we enter into that copies the lifestyle of Jesus.
 - The disciplines place us before God to focus on Him.
 - The disciplines create the time and space for us to access the presence and power of God.
 - The disciplines open the door for us to discover God and for Him to actively work in our lives.
- Examples: Prayer, fasting, scripture study, meditation, service, worship, or solitude.
 - What about these practices can help know God better?*
- One of the most important yet most difficult spiritual disciplines is the practice of solitude. Hitting the pause button in life.
 - Our lives are not designed to go at the speed and pace of our culture. It breeds fatigue, burn out, mental and physical exhaustion.
 - It produces worry, stress, fear, anxiety, feeling empty and purposeless.
 - We have got to learn to hit the pause button constantly and especially in chaos!

Hitting the Pause button forces us to know God better.

Taking it Further

Read 46:1-10 (A psalm of pause)

-The word “Selah” is used 3 times which means to pause.

-Pause and reflect.

-Then he tells us to be still which means to pause.

-4 times in this Psalm we are told to Pause

First, hitting the pause button allows us to get to know God better...

1. Hitting the Pause Button to Know God

A. Knowing God is more than just knowing facts about Him.

-It is to fully and personally know him through experience. This is a lifelong pursuit.

-What does it mean to know God?

-“Know” - to know relationally and experientially. Same word that speaks of a husband and wife coming together in unity and oneness.

-Who God is, What He is like, How He acts, how He relates to us.

-In what ways can we know God?

1. Nature/creation

2. God’s self revelation through scripture.
-His attributes, His works.

3. The person of Jesus Christ.
-His life and example.

4. Through experience
-By the ways God has actively worked in our lives. Answered prayers.
-His presence, guidance, direction, closing and opening doors.

B. Knowing God is about being still to discover Him.

-What is the key ingredient to knowing God in this verse?
-Being still

- Be still- to become slack, speaks of our limbs going limp.
 - (Arm going to sleep)
 - It means to relax or stop fighting.
- It means to stop and drop what you are doing.
 - It means to cease. To pause. To take a break.
 - It means to interrupt what you are doing.
- Here we are speaking in spiritual terms.
 - It means to pause, to reflect, to think, to meditate, to pray.
 - To gather your thoughts, regain perspective.
 - To discover God, To learn about God.
- This verse is saying:
 - It is hard to know God in the busy and chaos.

Second, hitting the pause button allows us to hear from God...

2. Hitting the Pause Button to Hear from God.

A. God is not heard in the chaos.

- 2-3) When everything seems out of control.
 - Unthinkable chaos
 - Unimaginable trials
 - Notice the words used
 - Roar and be troubled,
 - Mountains shaking and swelling
 - Heathen raged

-1 Kings 19:9-13

- What does the earthquake, fire, & storm represent?*
 - The noises in life, chaos, distractions.

- “Still”- a soft gentle whisper.
 - It is in contrast to the roar and noises of an earthquake, fire, or storm.
 - It indicates the absence of any sounds.

- The quiet was where God wanted Elijah to be.
 - It was in the quiet that God could get Elijah's attention, Elijah could hear the actual voice of God and could be directed by Him.
- What are some noises in your life that distract you from God or crowd out His voice?*
 - All the digital content, scrolling on social media,
 - We use these as a scapegoat of the silence

B. God is heard in the silence and solitude

- Too often we fill our lives with noise trying to cover the quiet, fill the voids, and run away from our thoughts.
- Our problem is that we fear the silence. It's awkward.
- Why do we fear and fill the silence?*
 - Jesus had a rhythm of life, the consistent rhythm of retreat and return. Pause and play.
 - He would retreat from the busyness and people and then return back to it.
 - What was he doing? Practicing Psalm 46:10
- He was hitting the pause button in his life.
 - He would pause long enough to reset and refresh.
 - Long enough to spend time with God to hear from him and get back to work.
 - Long enough to know God better.
- Mark 1:35, "*And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.*"
- Luke 4:42, "*And when it was day, he departed and went into a desert place.*"

- Matthew 14:23, “*And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.*”
- Luke 5:15-16, “*But so much the more went there a fame abroad of him: and great multitudes came together to hear, and to be healed by him of their infirmities. And he withdrew himself into the wilderness, and prayed.*”
- There were many times that Jesus chose **solitude** over **people**.
 1. To focus on prayer.
 2. In times of distress.
 3. Before making important decisions.
 4. To recharge after hard work.
 5. To prepare for a major task.
- All to hear from God, to get connected to God, to make it through life.
- If the Son of God needed silence and solitude to thrive in life then you best believe we need it.

Taking Your Next Step

You need a **The Plan to hit the Pause Button**

- To enter the place of silence & solitude we will have to be silent:
 - 1. External noises**
 - No noise- music, TV, ear buds, no background noise.
 - Scrolling, still creates an external noise.
 - We use the external noise to drown out the internal noise.
 - 2. Internal noises**
 - The mental chatter that never shuts up.

-The running commentary in our heads on everything.

-This is not an easy task. It starts with baby steps.

-Set aside a little time each day to practice silence & solitude. As with any discipline, it becomes more routine, natural, and easier to do.

-Train our brain.

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