



## THE BIBLE WAY TO HEAVEN

### Realize That God Loves You.

*“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.” (John 3:16)*

### The Bible Says That All Men Are Sinners.

*“For all have sinned, and come short of the glory of God.” (Romans 3:23)*

### The Bible Also Says That Sin Must Be Paid For.

*“For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord” (Romans 6:23)*

### The Good News Is That Jesus Christ Paid for Your Sins.

*“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.” (Romans 5:8)*

### You Must Personally Call on Jesus Christ to Save You.

*“For whosoever shall call upon the name of the Lord shall be saved.” (Romans 10:13)*

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# Hitting the Pause Button to Know God Better

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## Memory Verse - Psalm 46:10

*“Be still, and know that I am God: I will be exalted among the heathen,  
I will be exalted in the earth.”*

## Study Aim

- To understand what the spiritual discipline of solitude and silence is and how to practice it.
- To learn what the Bible says about hitting the pause button in life and how that relates into our relationship with God.
- Read Psalm 46:1-10

## Set the Stage

- One of the greatest ways of getting to know God in a deeper more personal way is by **practicing the spiritual disciplines**.
- One of the most important yet most difficult to practice 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!

## Take it to the Next Level

## 1. Hitting the Pause Button to Know God

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

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

## 2. Hitting the Pause Button to Hear from God

A. God is not heard in the chaos.

B. God is heard in the silence and solitude.

- 1 Kings 19:9-13
- 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.*”

## Take Your Next Step

- It was after he hit the pause button that he could come to the conclusion:
  - God is our refuge
  - God is our strength
  - God is a very present help
- To enter the place of silence and solitude we will have to silence:
  - External noises
  - Internal noises

## Taking it Further

- Read Luke 6:12-13. Jesus had a huge decision to make in His life that would affect the future. What did He do to prepare? Where did he seek His guidance and wisdom from? What about pausing in solitude helped guide Him?
- What are some hinderances to practicing solitude and silence? What can we do to get rid of these hinderances and practice this discipline?