

HABITS

SPIRITUAL DISCIPLINES TO HELP US PURSUE CHRIST IN THE NEW YEAR



Introduction:

- Please turn in your Bibles to **Luke 6**.
- Last week, we learned that habits are consistent patterns of behavior acquired through frequent repetition.
- Habits help us move from _____ to _____.

Habit Challenge #1: I will regularly read the Bible.

- Today, we're talking about establishing the habit of *Silence and Solitude*.
 - *Silence*: Quieting our lives to the world around us.
 - *Solitude*: Temporarily isolating ourselves for the purpose of connecting with God.

Silence and Solitude before making _____. (Luke 6:12-13)

- **Benefit:** Puts us in position to _____ from God and discern His _____.

Silence and Solitude for _____ and _____. (Mark 1:32-38)

- **Benefit:** Offers _____ for our weary minds, bodies, and souls.

Silence and Solitude during times of _____. (Matthew 14:13)

- **Benefit:** We find _____ and _____ from God.

Silence and Solitude is a _____ from life's pressures. (Matthew 14:23)

- **Benefit:** We learn to _____ on God.

Creating Times of Silence and Solitude:

- Carve out _____.
 - _____
- Create a _____. (Put your life in "airplane mode".)
 - _____

"We are so afraid of the silence that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror." – Dietrich Bonhoeffer

What to do during times of Silence and Solitude:

1. _____
2. _____
3. _____
4. _____
5. _____

Habit Challenge #2: I will make time to regularly _____.

Helpful reads and sources on Silence and Solitude:

- *"We Christians must simplify our lives or lose untold treasure on earth and in eternity. Modern civilization is so complex as to make a devotional life all but impossible. It wears us out by multiplying distractions and beats us down by destroying our solitude, where otherwise we might drink and renew our strength, before going out to face the world again." – A. W. Tozer*
- *Spiritual Disciplines for the Christian Life*, Donald S. Whitney
- *An Unhurried Life*, Alan Fadling