

MENS LIFE BLOOMINGTON

Tuesday, February 11, 2025 | Jeffrey Mahrt

Ruthless Elimination of Hurry | **Silence and Solitude**

Overview Video: <https://vimeo.com/375547538>

Introduction: We live in a world today that moves at a pace that would have been impossible to imagine for most of human history. Smart phones, Amazon delivery, and Zoom calls, not to mention automobiles, air travel, and globalized commerce create culture of fast movement, constant activity, and endless entertainment. With the digital distractions of our smart phones, 24-hour news and sports coverage, and non-stop advertising, it takes significant intentionality to connect our hearts, brains, and souls to our loving Creator.

John Mark Comer's book highlights a critical way from the life of Jesus to fight back against the hurry of life- silence and solitude.

Read Mark 1:32 – 38: *That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."*

You will notice that Jesus is busy here. He is doing lots of good things. But he didn't stay. He retreated to be with His Father. He got alone. He connected with God and moved forward with His mission.

Discussion questions:

- Can you think of other examples in Jesus' life where he seeks silence and solitude instead of being busy? Why do you think He invested in silence & solitude?
- How can you tell if your life's pace is becoming frantic? What might be the "warning signs" for you?
- Have you ever had a rhythm or routine of daily being alone with God? If so, how did/does that impact your life?
- Do you have any habits or practices that you have learned to make the most out of your silence & solitude time with the Lord?
- What was the longest time you intentionally pursued solitude in order to connect with God?
- What would it take for you to build a healthier rhythm of silence & solitude?