

## THE FREEDOM OF SOLITUDE, SILENCE & MEDITATION

December 13, 2015 Various texts by Bob Branch  
Staying Free, part 12

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**MAIN IDEA: Solitude, Silence and Meditation will unlock a steadiness, depth and security that nothing else in life can rival. Solitude, Silence and Meditation.**

**1. Solitude is the act of SEPARATING YOURSELF from the normal activities of the world for the purpose of slowing down, listening and connecting with God.**

Jesus did it! (Mt. 4:1-11; 14:13, 23; 17:1-9; 26:36-46; Mk. 1:35; 6:31; Lk. 5:16; 6:12)

- You are alone, but not lonely. (Mt. 6:6)
- Take yourself off the grid...
- Slow down from the hurried tempo of life.
- Quiet the “voices” and clatter of life.
- Attune yourself with “inward attentiveness” to God.

Richard Foster said, “There is the freedom to be alone, not in order to be away from people but in order to hear the divine whisper better.” Foster, CoD (p. 97).

**2. In your solitary place, in solitude, cultivating INTERNAL QUIETNESS will help you connect with God’s deep love for you, his sovereign care, and your contentedness within it.**

“The LORD will fight for you; you need only to be still.”  
**Exodus 14:14**

“Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.” **Psalm 37:7**

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” **Psalm 46:10**  
(Zech. 2:13)

**Are you Speed Dating Jesus?**

“As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord’s feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!” “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.” **Luke 10:38-42**

**3. As you are alone and quiet with God, the practice of Biblical meditation will help you stay focused. Biblical meditation is the discipline of TURNING AN IDEA (or truth) OVER and over within you, taking it a little deeper each time. A little more ownership each time. A little more a part of you. A little more transformation.**

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” **Joshua 1:8** (Psalm 1:1-4)

- 1) Is to **pray it back** to the Lord.
- 2) **Sing it back** to him. (Eph. 5:18-20)
- 3) **Journal the thought and explore the idea** further.
- 4) Write it out, carry it with you and **memorize it**, saying it aloud often.