



February 6, 2021

## **Silence & Solitude**

### Spiritual Rhythms (part 5)

#### **Review**

- ☞ #1: Seeking the Lord
  - To seek the Lord **exclusively**
  - To seek the Lord **earnestly**
  - To seek the Lord **expectantly**
- ☞ #2: Daily Rhythm: Time with God in His Word
- ☞ #3: Daily Rhythm: Time with God in Prayer
- ☞ #4: Weekly Rhythm: Establish a Sabbath day when you truly rest & make weekly corporate worship a habit

#### **Example of Jesus**

**What should we do when we spend extended time in silence & solitude with the Lord?**

☞ Recognize how \_\_\_\_\_ you really are

☞ Be \_\_\_\_\_ with God

☞ Expect to meet with God and to \_\_\_\_\_ His  
\_\_\_\_\_

**Some suggestions:**

**Conclusion**

(continued on back)