

Hello REVIVE Family!

One of the rhythms that has been impacted my life, specifically during the past year, has been the discipline of solitude. I started taking early morning walks as a way to get some physical activity in during this season of working from home. But what started out as just a physical activity became an important spiritual discipline. Having this alone time with myself and with God helps to center me and keep me grounded throughout my day.

Jesus also practiced this rhythm of getting away to spend time alone. It is alluded to in a few verses in the Gospels:

- ✦ “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.” Mark 1:35
- ✦ “At daybreak, Jesus went out to a solitary place.” Luke 4:42
- ✦ “But Jesus often withdrew to lonely places and prayed.” Luke 5:16

We also see that after Jesus’s baptism, the Spirit drove him into the wilderness, where he was also in solitude and being tempted by Satan. Sometimes we may find ourselves confronted with things during our time of solitude – yet God continues to minister to us even in those times.

This week, let’s reflect on what has been helpful in our lives for connecting with God. For some of us, solitude may be a very familiar and welcome practice – for others, it may be something new. However it may look in our lives, I believe God always wants to connect with us and minister to us. Let’s encourage each other in how we can be drawing closer to God during this time.

Reflection Questions:

1. Is solitude something that you practice or have practiced in your life before? If so, how has that time been for you?
2. Regardless of whether you practice solitude or not, what are the ways that you connect with God?
3. In what ways may God be inviting you to draw closer to him during this season of Lent? What new practice, if any, might you consider implementing in your life?
4. Are there any issues that you may be needing to engage with God about but haven’t yet? Areas related to fears, sin, wounds, or doubts?