

Choosing Solitude

A Day in the Life of Jesus

Mark 1:21 - 39

I. Introduction:

II. If Jesus made time for solitude so must we.

A. A life of demands. vs. 21 - 34, 36 - 39

B. A life of dependence. vs. 35

Luke 4:1, 14 And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness...And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.

- For testing
- For power

Luke 5:15, 16 But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray.

- For restoration
- For perspective

Luke 6:12, 13 In these days he went out to the mountain to pray, and all night he continued in prayer to God. And when day came, he called his disciples and chose from them twelve, whom he named apostles...

- For direction
- For courage

Luke 22:39, 40 And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. And when he came to the place, he said to them, "Pray that you may not enter into temptation."

- For resolve
- For others

III. Application

Luke 10:41, 42 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary **has chosen** the good portion, which will not be taken away from her.”

Mark 6:31 And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat.

Suggestions for Solitude - by Donald Whitney

- Minute Retreats

- Daily Solitude

I have so much to do that I shall spend the first three hours in prayer.

-- Martin Luther

- Getting Away

Is prayer your steering wheel or your spare tire? - Corrie Ten Boom

- Special Places

- Trade off Responsibilities

- Coming prepared with options