

When do you think the clearest? Have the most creativity? Find inspiration? Get great ideas? In the morning? On the porch? On a walk/hike? In the shower? While mowing or gardening? In the fishing boat? On a motorcycle ride? Why? I believe it comes from us being removed from “the noise” in life, which surrounds, distracts, and stresses us.

Today, we continue our series, “CrossFit”. We’re looking at 12 daily disciplines to get us into spiritual shape. Today, we look at the outward discipline of Solitude. In The Celebration of Discipline, Foster says, “Solitude frees us from our bondage to people and our inner compulsions, and it frees us to love God and know compassion for others.”

How? First, Be silent. Jesus regularly sought out solitary places: mountains, wilderness, gardens, deserts, etc. He’d withdraw to these lonely places, seek solitude with the Father, and start with silence. He knew Ecclesiastes 5:2b (ESV), “God is in heaven and you are on earth. Therefore let your words be few.” He knew Ecclesiastes 3:7b (ESV), “There is a time to keep silence, and a time to speak.”

How? Second, Listen. Silent. Listen. Same letters! In The Study Guide for “Celebration of Discipline”, Foster says, “The less we are mesmerized by human voices, the more we are able to hear God’s divine voice.” God speaks to us through His Word and His Son! But, in solitude, silence, and listening, we can hear the Spirit of God speak! As a result, we have inner fulfillment, knowing we aren’t alone!

This week, Step into solitude! 1. Take advantage of the daily “little solitudes”. 2. Design a “quiet place” for silence and solitude. 3. Four times a year, withdraw for 3-4 hours to reorient your life, faith, and goals. 4. Yearly retreat for the sole purpose of solitude. 5. Remember the fruit of solitude is increased sensitivity and compassion for others!

Let’s pray. Lord, in Psalm 23:4 (ESV), David reminds us, “You are with me.” Lord, today, help us with this discipline of solitude. Help us slow down our lives, step away from the noise, silence our physical, emotional, psychological, and spiritual sense, and listen for Your presence. As we do, help us increase our sensitivity and compassion for others!