

**January 14, 2007**

**Series: Fuel for the Soul**

**Sermon: #1 "Silence and Solitude"**

**Scripture: Psalm 131:2**

<sup>2</sup> But I have stilled and quieted my soul;  
like a weaned child with its mother,  
like a weaned child is my soul within me.

-Psalm 131:2 (New International Version)

**Introduction**

- For the next four weeks, we will look at some habits that we can implement into our everyday life that will change our lives forever.
- These disciplines are like fuel for the soul.
- Today we will look at the disciplines of Silence and Solitude.
- Examples of great leaders from the Bible who were familiar with solitude - Noah, Abraham, Joshua, David, Isaiah, Elijah, Elisha, John the Baptist, Jesus, Paul, John, etc.
- Take time to experience the power of God also.
- There are three areas in which we can learn to "still and quiet" our souls.

**I. Find time to be alone.**

- Psalm 46:10, "Be still and know that I am God."
- The first thing we need to do when alone with God is "stop!" (Psalm 130:5)

**II. Make it as quiet as possible.**

**III. Practice the art of silence.**

- Quiet refers to what you hear.
- Silence refers to what you say or don't say.
- Psalm 62:1

**Conclusion**

- Silence and solitude supply fuel for the soul.
- Being alone and quiet with God has the ability to renew, invigorate, and energize us.
- Try it this week and see.