

sermonnotes

Getting in Shape: Part 2



“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:7–8)

Silence is the Spiritual Discipline of voluntarily and temporarily _____ from speaking so that certain spiritual goals might be sought.

Solitude is the Spiritual Discipline of voluntarily and temporarily _____ to privacy for spiritual purposes.

“This is what the Sovereign Lord the Holy One of Israel says, ‘In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.’” (Isaiah 30:15)

“Very early in the morning, while it was still dark, Jesus got up, left the house and went out to a solitary place, where he prayed.” (Mark 1:35)

The Benefit and Blessing of Silence and Solitude

1. We can better _____ the voice of God.
- As we eliminate the voices of the world we can better hear the voice of God. As we quiet our souls, our spirits become more attuned to God’s voice.

- “One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and choose twelve of them whom he also designated as apostles.” (Luke 6:12–13)

1. We regain a spiritual _____.

- There’s no better way to step back and get a more balanced, less worldly perspective on matters than through the disciplines of silence and solitude.

1. We are physically and spiritually _____.

“Come with me by yourselves to a quiet place and get some rest.” (Mark 6:31)

Working It Out

- Choose to reduce the _____ in your life.
- _____ silence and solitude into your life.
- Capture _____ for spiritual pauses.

Answers: refraining; withdrawing; hear; perspective; restored; noise; Schedule; moments



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