



1) The difference between solitude & loneliness is

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*“<sup>18</sup>Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” (Genesis 2:18, ESV)*

- All spiritual disciplines are personal \_\_\_\_\_.

*“<sup>15</sup>But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. <sup>16</sup>**But he would withdraw to desolate places and pray.**” (Luke 5:15–16, ESV)*

2) Solitude helps me restore my...

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*“<sup>3</sup>You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” (Isaiah 26:3, ESV)*

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*“<sup>17</sup>But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.” (James 3:17, ESV)*

- sense of \_\_\_\_\_

*“<sup>6</sup>I am like a desert owl of the wilderness, like an owl of the waste places; <sup>7</sup>I lie awake; I am like a lonely sparrow on the housetop.” (Psalm 102:6–7, ESV)*

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*“<sup>29</sup>He gives power to the faint, and to him who has no might he increases strength.” (Isaiah 40:29, ESV)*

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*“<sup>12</sup>So teach us to number our days that we may get a heart of wisdom.” (Psalm 90:12, ESV)*

3) Solitude is an indicator of my spiritual \_\_\_\_\_

*“<sup>39</sup>And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. <sup>40</sup>And when he came to the place, he said to them, “Pray that you may not enter into temptation.” <sup>41</sup>And **he withdrew from them about a stone’s throw**, and knelt down and prayed, <sup>42</sup>saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” <sup>43</sup>And there appeared to him an angel from heaven, strengthening him. <sup>44</sup>And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. <sup>45</sup>And when he rose from prayer, he came to the disciples and found them sleeping for sorrow,” (Luke 22:39–45, ESV)*

*“<sup>35</sup>And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.” (Mark 1:35, ESV)*



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