

1) The difference between solitude & loneliness is
"18Then 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
"15But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. 16But he would withdraw to desolate places and pray." (Luke 5:15–16, ESV)
2) Solitude helps me restore my
"3You keep him in perfect peace whose mind is stayed on you, because he trusts in you." (Isaiah 26:3, ESV)
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"17But 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

"6I 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)

"29He gives power to the faint, and to him who has no might he increases strength." (Isaiah 40:29, ESV)

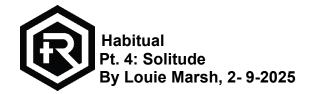
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"12So teach us to number our days that we may get a heart of wisdom." (Psalm 90:12, ESV)

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

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

"35And 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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