



Spiritual
Disciplines
Silence &
Solitude

We live in a noisy world and we are overloaded with messages and words that constantly demand our attention. If we are to know God deeply, we need to separate ourselves from other voices and pay full attention to His Word and all He wants to say to us. We need to step out of the busyness and spend time alone with God. There is no substitute. Let's start our study by looking at the life of Moses. The Lord has just established His Law covenant with the nation.

Exodus 24:15-18

¹⁵ Then Moses went up on the mountain, and the cloud covered the mountain. ¹⁶ The glory of the LORD dwelt on Mount Sinai, and the cloud covered it six days. And on the seventh day he called to Moses out of the midst of the cloud. ¹⁷ Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. ¹⁸ Moses entered the cloud and went up on the mountain. And Moses was on the mountain forty days and forty nights.

Exodus 33:7,9,11


⁷ Now Moses used to take the tent and pitch it outside the camp, far off from the camp, and he called it the tent of meeting. And everyone who sought the LORD would go out to the tent of meeting, which was outside the camp.

⁹ When Moses entered the tent, the pillar of cloud would descend and stand at the entrance of the tent, and the LORD would speak with Moses.

¹¹ Thus the LORD used to speak to Moses face to face, as a man speaks to his friend. When Moses turned again into the camp, his assistant Joshua the son of Nun, a young man, would not depart from the tent.

Luke 5:15-16

¹⁵ But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. ¹⁶ But he would withdraw to desolate places and pray.

READ Exodus 24:15-18 —mark the “cloud” with a  and underline any time references.

What does the cloud represent and what do you learn about it in these verses?

How long did Moses wait before God spoke? What did this require from him?

How long was Moses on the mountain for? Think about how busy he was. What was his priority and why?

During this time on the mountain God gave Moses the plans for the Tabernacle He would live in among the people. Read what Moses does while it is being built.

Read Exodus 33:7,9,11 and mark “cloud” with a  and mark “tent” with a 

V7 What do you learn about the tent? List all it says.

V9 What was the tent's purpose? What happened in it?

What do we learn about God's desire to meet with us?

What intentional actions did Moses take to have this encounter? What can we learn from this?

Let's now look at Jesus and His example.

Read Luke 5:15-16 and mark “him, he” with a 

What is happening to Jesus' ministry at this time?

In the busyness, what choices did He make?

Withdraw—Strong's 5298—retire quietly, go aside, withdraw self

How difficult is this to do when we are busy?

Luke 6:12-13

¹²In these days he went out to the mountain to pray, and all night he continued in prayer to God. ¹³And when day came, he called his disciples and chose from them twelve, whom he named apostles:

Matthew 14:13-14, 22-23

¹³Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴When he went ashore he saw a great crowd, and he had compassion on them and healed their sick.

²²Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,

Psalm 62:5-8

⁵For God alone, O my soul, wait in silence, for my hope is from him. ⁶He only is my rock and my salvation, my fortress; I shall not be shaken. ⁷On God rests my salvation and my glory; my mighty rock, my refuge is God. ⁸Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. *Selah*

Psalm 131:1-2

O LORD, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me.

²But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

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READ Luke 6:12-13 and mark “he/his” with a 

What decisions is Jesus making in v13? What role would these men eventually play in God’s redemptive story?

Why do you think He spent the night before as He did? Lesson?

Jesus has just been told of the death of John the Baptist.

READ Matt. 14:13-14 & 22-23 - mark “he/his” with a 

What is Jesus’ reaction in dealing with grief?

Between v14 and v22 Jesus feeds the 5000. Once their needs have been met what does He do? What choices does he make?

How does His need for solitude and His service intertwine?

How important is this balance of ministry and solitude? Why do we find this challenging?

READ Psalm 62:5-8 and underline the instructions.

List the three instructions in these verses. How are they linked?

How is God described, and in what way should that encourage us to come?

What do you think it means for your soul to wait in silence? Is this more than turning off the TV and phone, and being quiet?

READ Psalm 131:1-2 and mark “I, my, me” with a 

What is the contrast between v1 & v2?

How does thinking more of ourselves than we ought hinder our coming to God in silence and solitude?

Why is the image of a weaned child so powerful?

Calmed—Strong’s—7737—to equalize, to compose, to place, to yield

Quieted—Strong’s—1826—to be dumb, to be silent, to quiet self.

How important do you think it is to spend time alone with God?

In what ways would this impact your walk with God?

What specific actions are you going to take?