

A 60-day plan of transformation into Christlikeness

Day #18: Spiritual Discipline #1: Solitude (part 2)

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<http://www.fbcweb.org/Doctrines/day-18.pdf>

A. SOLITUDE WITH GOD.

1. It is important to take at least 30 minutes daily in solitude with God away from all human interactions (personally or electronically). This will likely be the only time of the day when you can have full and undivided attention on the LORD and your life before Him.
2. This 30-minute period of solitude affects all 6 areas of your being: mind, emotions, will, body, social orientation, and soul. Consider how these 6 areas are affected by some of the most harmless and necessary things that you do, like going to the grocery store. Even though you may not talk to anyone at the store, the minute you walk into the store all 6 areas of your life are engaged with others. Your mind is engaged as you focus on what you are going to buy as well as those around you, from fellow shoppers to the checker. Your emotions are also connected as you respond to the diversity of people of different age groups—e.g., your emotional response to a little baby will be different than someone who looks like a hardened criminal. Your will is engaged as you decide what to buy (or to pass by the ice-cream) and what checkout line or person to go to. Your body is involved in the entire process and will respond to conditions of the store and the general demeanor of others of different age groups. Your social orientation is also engaged in making decisions whether to make eye contact with or smile to fellow shoppers or exchange pleasantries with the checker. And your soul will reflect your overall state of being as a result of the actions of your mind, emotions, will, body, and social orientation.
3. In solitude, all 6 areas are connected solely to God and His goodness. You are free from the interactions of others on you and your time. This sacred time between you and the LORD works on transforming all six areas of your life (mind, emotions, will, body, social orientation, and soul) as you develop your love for the LORD with all your heart, soul, mind, and strength.
4. Distraction is the primary spiritual problem in contemporary culture. Solitude enables a person to break away from all the distractions and influences of the world to develop a deep relationship with the Lord that transcends the circumstances of life.
5. Although you may think you do not have the time for 30 minutes of solitude, chances are the problem is more about your desire. Most waste an inordinate amount of time on social media and TV. As Carl Jung once remarked, “Hurry is not of the Devil; it is the Devil.”
6. Solitude is more a state than a place. As one develops the spiritual virtue of solitude away from everyone, one will be able to access this solitude at any time regardless of the size of any crowd one may find oneself in. As one develops a personal and undistracted or undivided heart daily, crowds, or the lack of them, have little to do with this inwardness

focus and attentiveness to the Lord and His call to be still with Him: Psa 46:10, “Be still and know that I am God.”

7. Solitude is a friend to those who have a deep relationship with the LORD. Solitude is not a friend to those who have little to no relationship with God, and thus finds the need of stimulation of the world. The fear of loneliness petrifies people of the world, which depend upon the world and its stimuli. As I have noted, the worst thing that you can do to someone in prison is to put him in solitary confinement where he loses all his dependent fallen social interactions. The only exception is the person who has grown in the virtue of solitude with God—such a person thrives in solitary. Like many other things, what kills the world is a source of strength for those who live in, by, with, and for God. Solitude is also inimical to consumer Christianity and the best way to move out of being a consumer-minded Christian, who is focused on consuming spiritual goods and services, to a true follower of Jesus Christ.

B. SPIRITUAL DISCIPLE #1: SOLITUDE (PART 2).

1. This lesson emphasizes the spiritual discipline of solitude as practiced by Jesus Christ. Read the various passages below that relate to Jesus’s regular practice of solitude. There were various objectives in the works of Jesus, some were directed to others and some directed to self (and disciples’ works, at least in some way, are to surpass Christ’s works, John 14:12). Christ’s practice of solitude was aimed at the development of His inner life with God and the continuation of the transformation of His character. And Jesus calls us to follow His example to solitude. Solitude is not loneliness. In fact, solitude in the most profound sense is a call from loneliness in our hurried world to the full and undivided presence of God.
2. Jesus inaugurated His ministry by spending 40 days alone in the desert (Matt 4:1-11).
3. Before Jesus chose the Twelve, He spent the entire night alone in the desert hills (Luke 6:12).
4. When He received the news of John the Baptist’s death, He “withdrew from there in a boat to lonely place apart” (Mark 14:13).
5. After the miraculous feeding of the 5,000, Jesus “went up into the hills by Himself” (Matt 14:23).
6. Following a long night of work, “in the morning a great while before day, He rose and went out to a lonely place” (Mark 1:35).
7. When the Twelve returned from a preaching and healing ministry, Jesus instructed them, “Come away by yourselves to a lonely place (Mark 6:31).
8. Following the healing of the leper, Jesus “withdrew to the wilderness and prayed” (Lk 5:16).

9. With three disciples, He sought out the silence of a lonely mountain as the stage for the Transfiguration (Matt 17:1-9).
10. As He prepared for His highest and most holy work, Jesus sought the solitude of the Garden of Gethsemane (Matt. 26:36-46).
11. The above is not exhaustive. However, it is enough to show that seeking out of solitary places was a regular practice for Jesus. So, it should be for us too. If He who was without sin needed it, how much more do we need it? If He needed to get away in solitude and contemplate God and His plan, what about us? If He needed this grace, what about us?
12. In sum, solitude is the creation of space and time wherein one purposely abstains from interaction with other human beings, so that, freed from competing loyalties, we can undividedly focus on God and receive more grace.

C. SCRIPTURE MEMORY.

Psalm 62:5 For God alone my soul waits in silence, for my hope is from him.

E. The 60-day transformation of the mind, heart, and emotions into Christlikeness

- Day 1 – A life that lacks nothing (Psalm 23), <http://www.fbcweb.org/Doctrines/day-1.pdf>
- Day 2 - Satan, the enemy (1 John 2:15-16), <http://www.fbcweb.org/Doctrines/day-2.pdf>
- Day 3 – Review, reflect, journaling, and Psalm 19, <http://www.fbcweb.org/Doctrines/day-3.pdf>
- Day 4 – The six areas of inner transformation, <http://www.fbcweb.org/Doctrines/day-4.pdf>
- Day 5 – The Word of God, Joshua 1:8; Psalm 1, <http://www.fbcweb.org/Doctrines/day-5.pdf>
- Day 6 – 2 warnings & promise of transformation, <http://www.fbcweb.org/Doctrines/day-6.pdf>
- Day 7 - Solitude, Disciplines, Transformation, <http://www.fbcweb.org/Doctrines/day-7.pdf>
- Day 8–VIM (Vision-Intent-Means) & transformation, <http://www.fbcweb.org/Doctrines/day-8.pdf>
- Day 9–Solitude with God and Christ’s transformative yoke, <http://www.fbcweb.org/Doctrines/day-9.pdf>
- Day 10– Discipleship-1, <http://www.fbcweb.org/Doctrines/day-10.pdf>
- Day 11– Discipleship-2, <http://www.fbcweb.org/Doctrines/day-11.pdf>
- Day 12– The Life-giving Power of the Holy Spirit, <http://www.fbcweb.org/Doctrines/day-12.pdf>
- Day 13– The Spirit vs. the Flesh (Part 1), <http://www.fbcweb.org/Doctrines/day-13.pdf>
- Day 14– The Spirit vs. the Flesh (Part 2), <http://www.fbcweb.org/Doctrines/day-14.pdf>
- Day 15– The Spiritual Disciplines, <http://www.fbcweb.org/Doctrines/day-15.pdf>
- Day 16– The Spiritual/Psychological Disease of Hurriedness, <http://www.fbcweb.org/Doctrines/day-16.pdf>
- Day 17—Spiritual Discipline #1: Solitude (Part 1): <http://www.fbcweb.org/Doctrines/day-17.pdf>
- Day 18—Spiritual Discipline #1: Solitude (Part 2): <http://www.fbcweb.org/Doctrines/day-18.pdf>

*Disciplining under the discipleship of Jesus Christ,
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