



Gifts For A Firsthand Christmas

Solitude: Alone but Not Alone

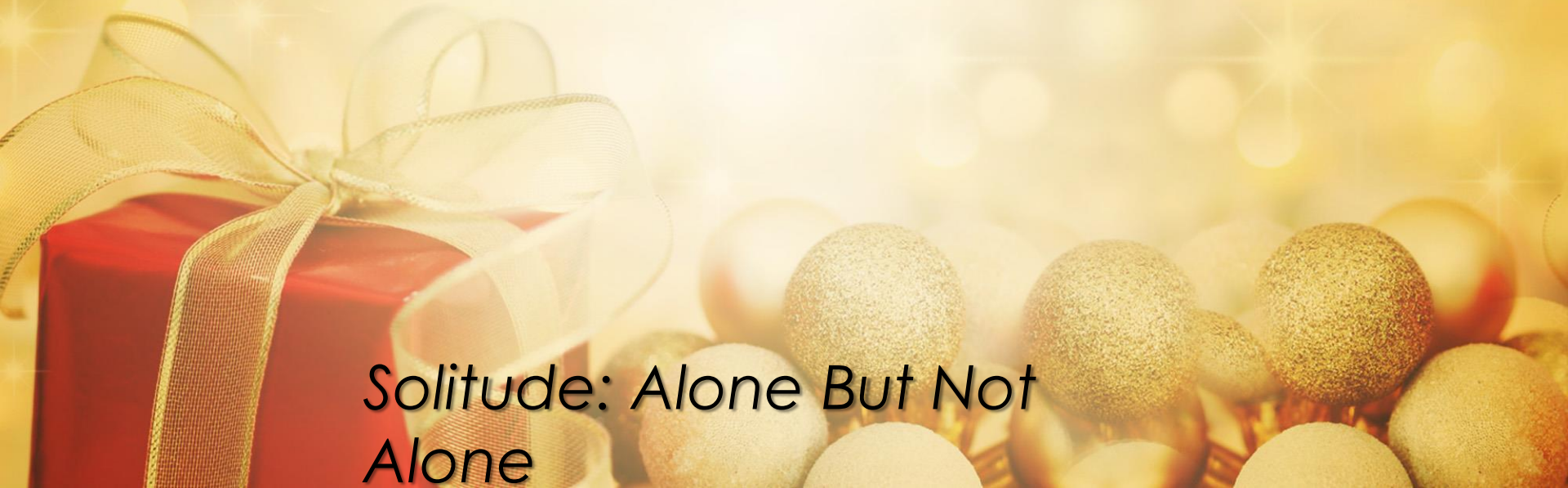
Matthew 14:13-15,23,28-30 John 16:32-33



<https://www.theverge.com/2021/11/8/22770666/peloton-pause-button-on-demand-classes-bike-plus>

I. An Event

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Matthew 14:13 (HCSB)

¹³ When Jesus heard about it, He withdrew from there by boat to a remote place to be alone. When the crowds heard this, they followed Him on foot from the towns.

I. An Event

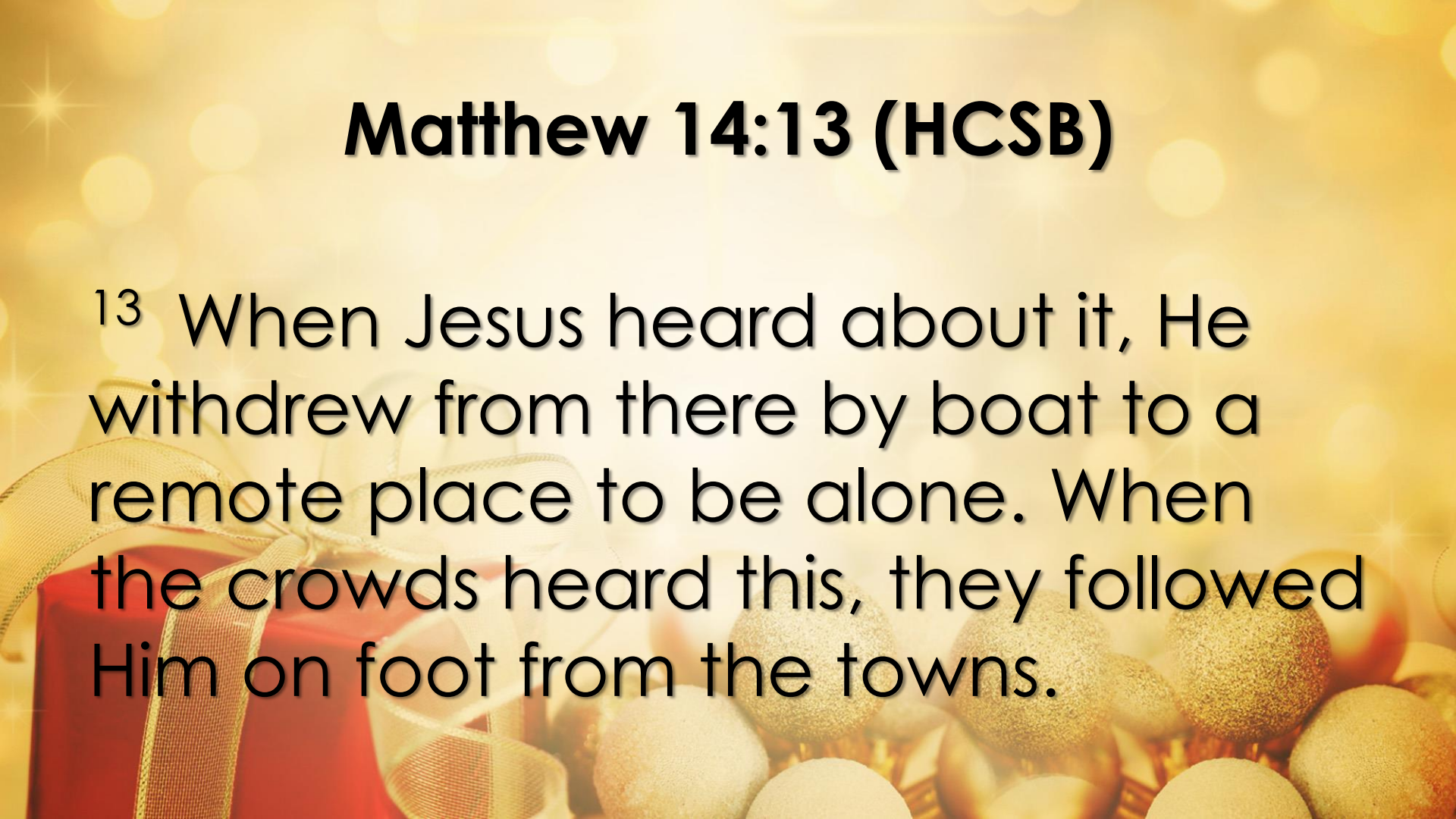
II. Withdraw Into A Wilderness

A festive background featuring a red gift box with a gold ribbon on the left, and several gold Christmas ornaments in the foreground. The background is a soft, golden bokeh with starburst effects.

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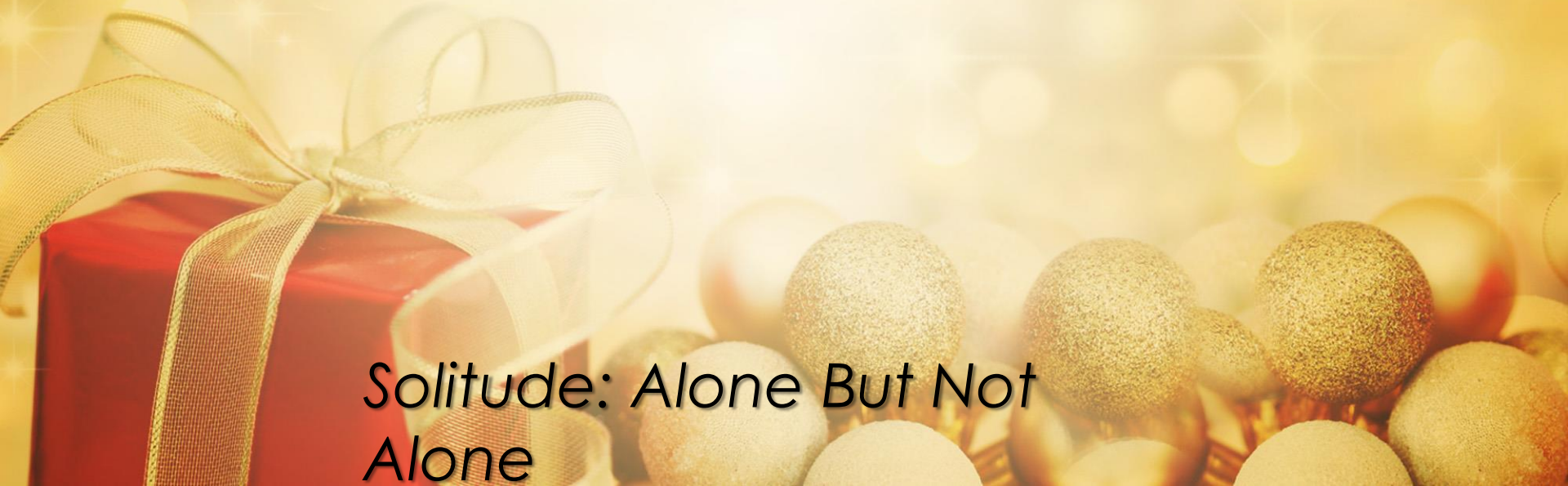
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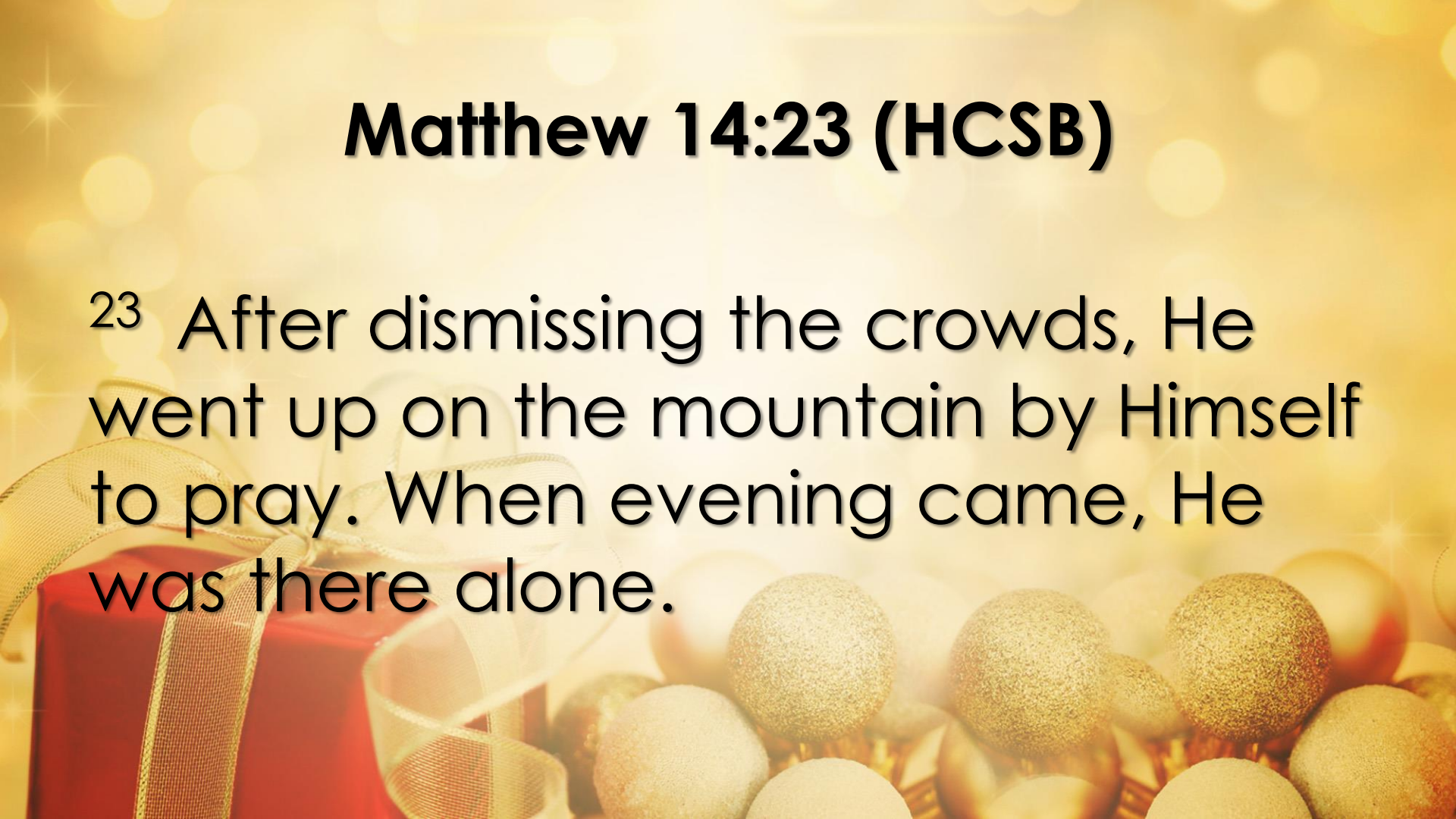
- I. An Event
- II. Withdraw Into A Wilderness
- III. Withdraw From The Crowds

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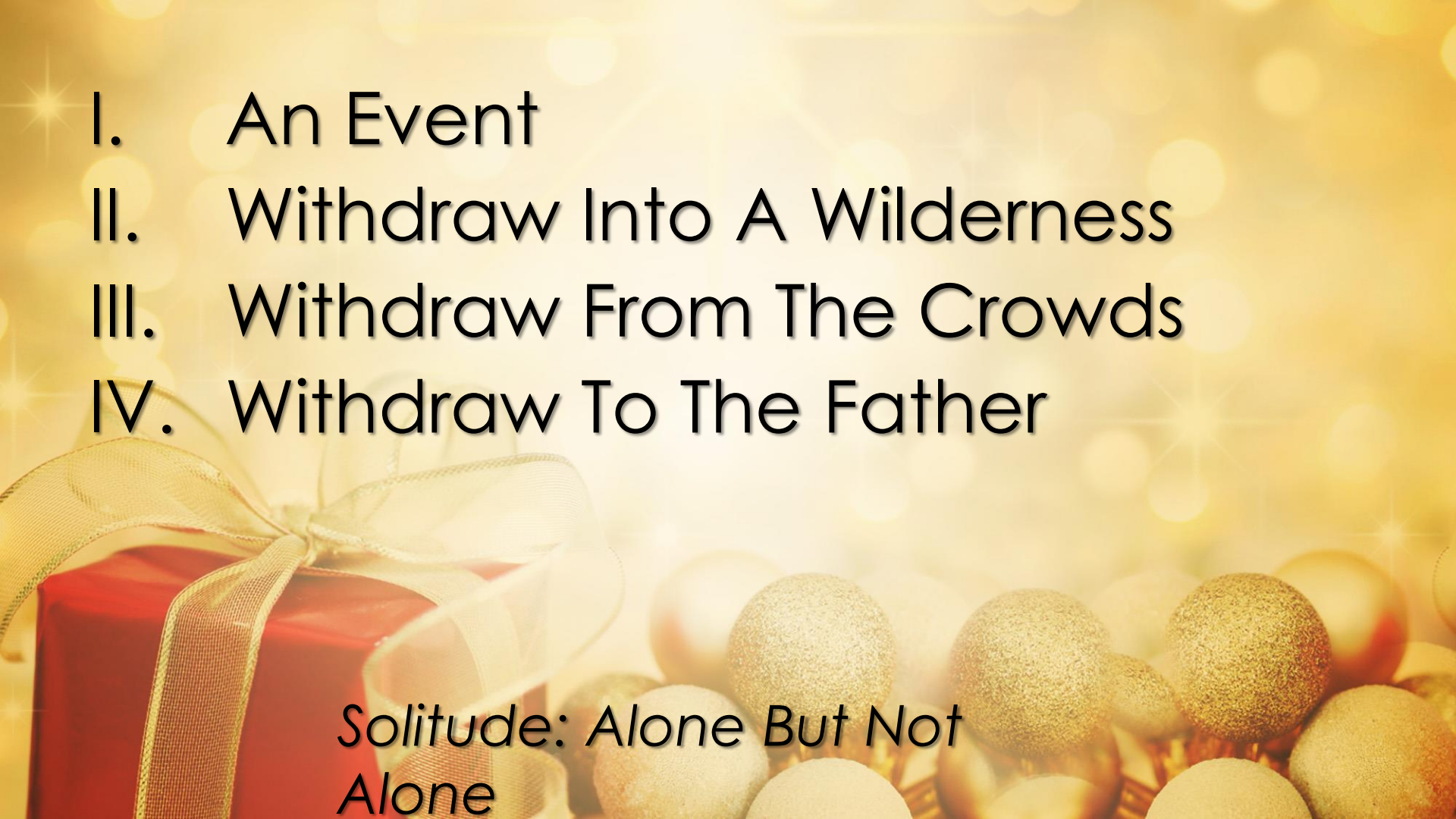
Matthew 14:23 (HCSB)

²³ After dismissing the crowds, He went up on the mountain by Himself to pray. When evening came, He was there alone.



1. Irritability
2. Hypersensitivity
3. Restlessness
4. Workaholism
5. Emotional numbness
6. Out-of-order priorities
7. Lack of care for your body
8. Escapist behaviors
9. Slippage of spiritual disciplines
10. Isolation

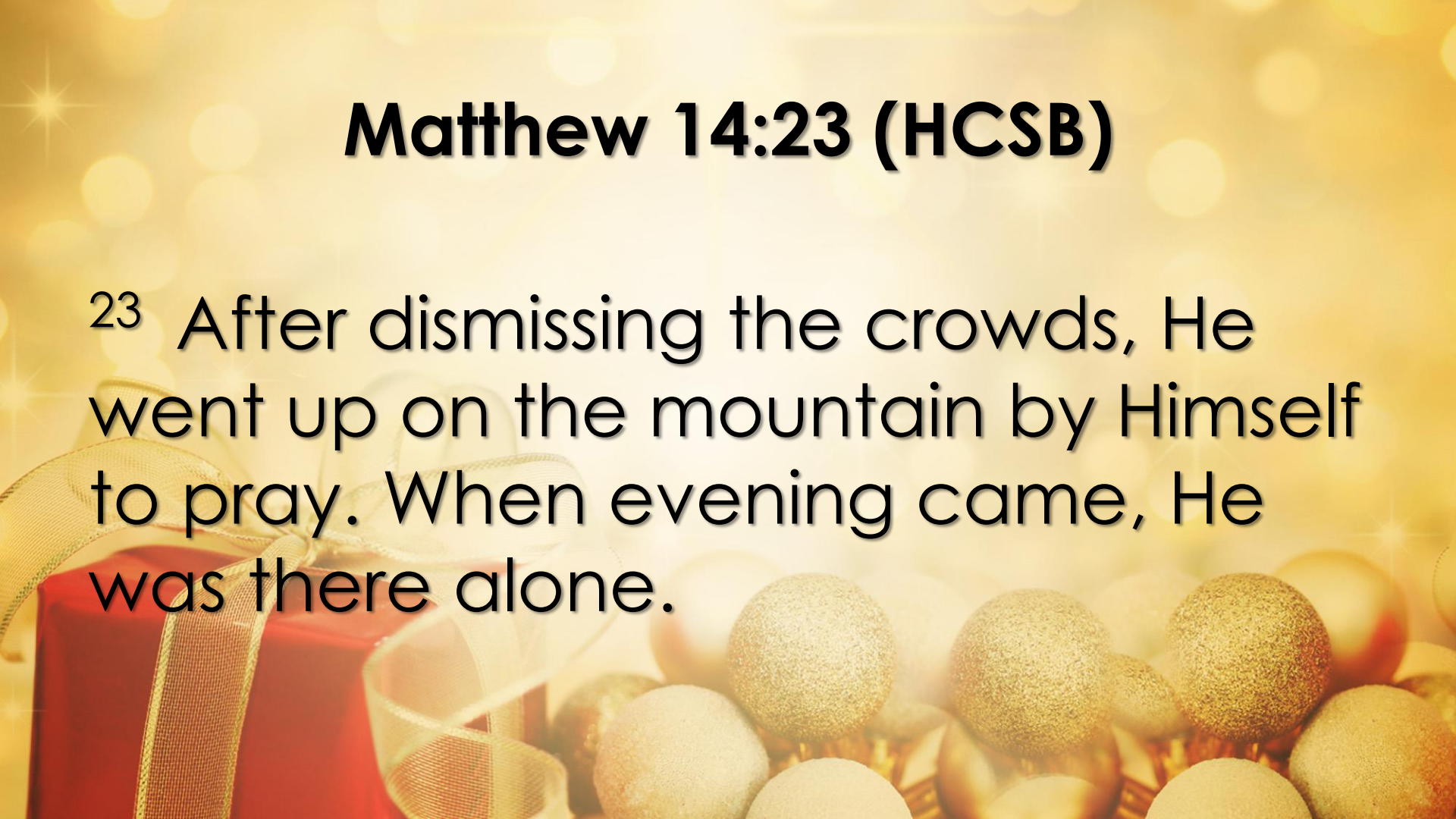
Ten Symptoms of Hurry Sickness

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- I. An Event
 - II. Withdraw Into A Wilderness
 - III. Withdraw From The Crowds
 - IV. Withdraw To The Father

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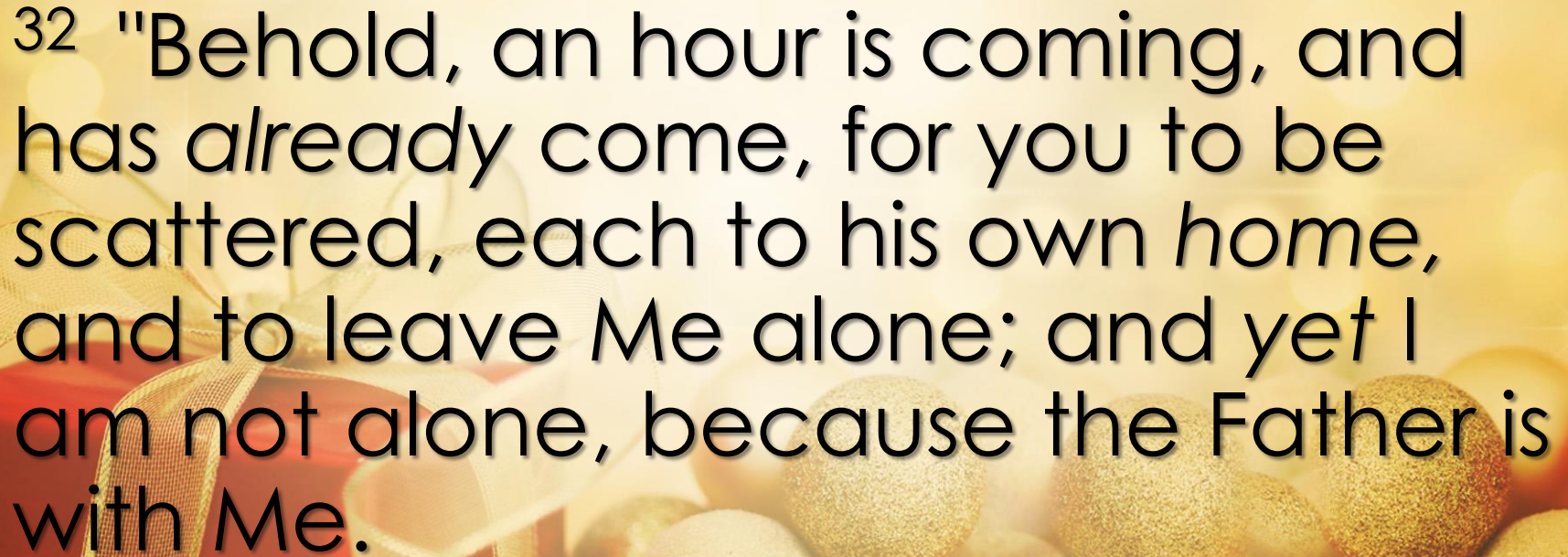
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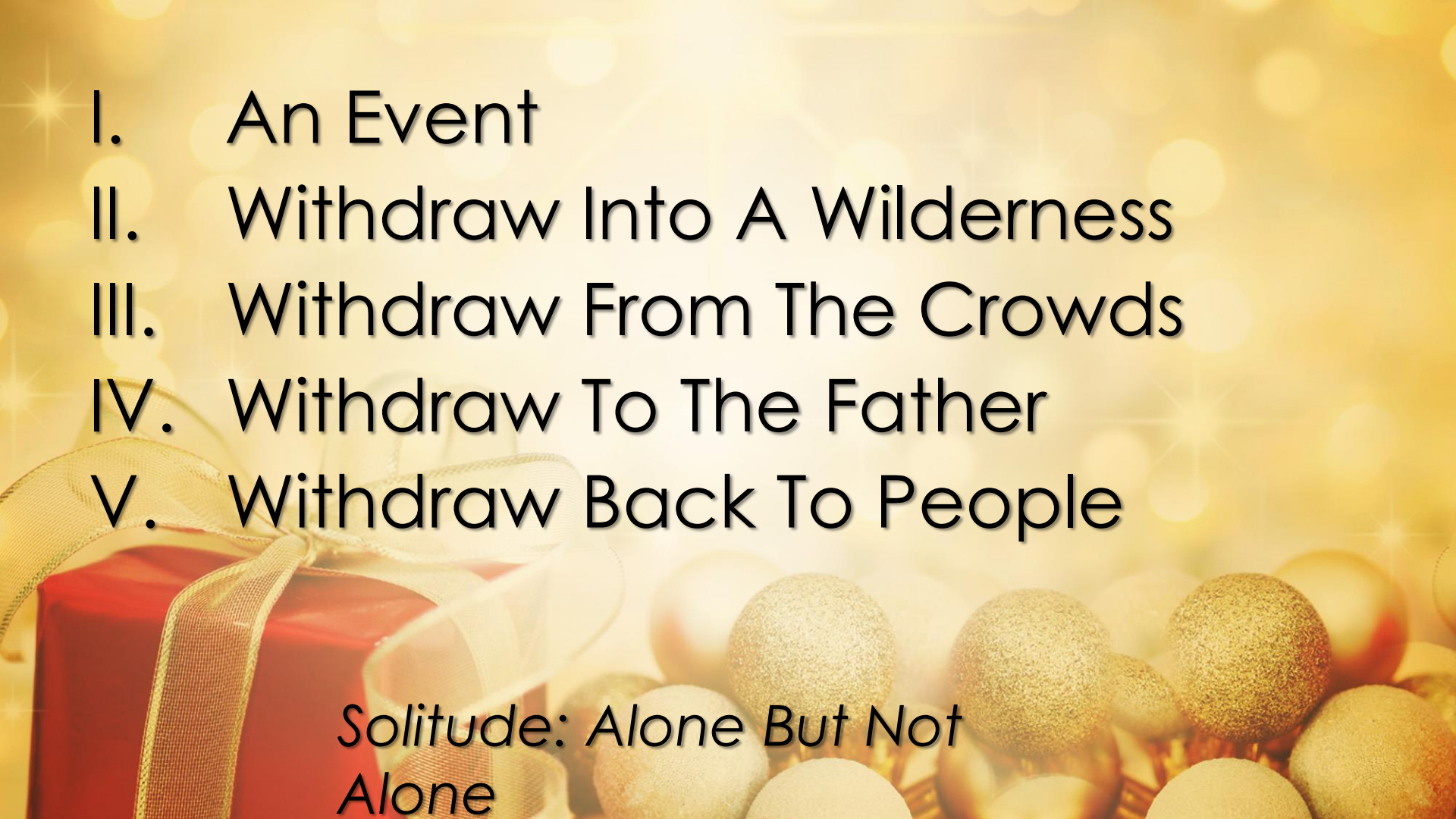
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John 16:32 (NASB)

32 "Behold, an hour is coming, and has *already* come, for you to be scattered, each to his own *home*, and to leave Me alone; and yet I am not alone, because the Father is with Me.



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- I. An Event
 - II. Withdraw Into A Wilderness
 - III. Withdraw From The Crowds
 - IV. Withdraw To The Father
 - V. Withdraw Back To People

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Matthew 14:14 (HCSB)

¹⁴ As He stepped ashore, He saw a huge crowd, felt compassion for them, and healed their sick.





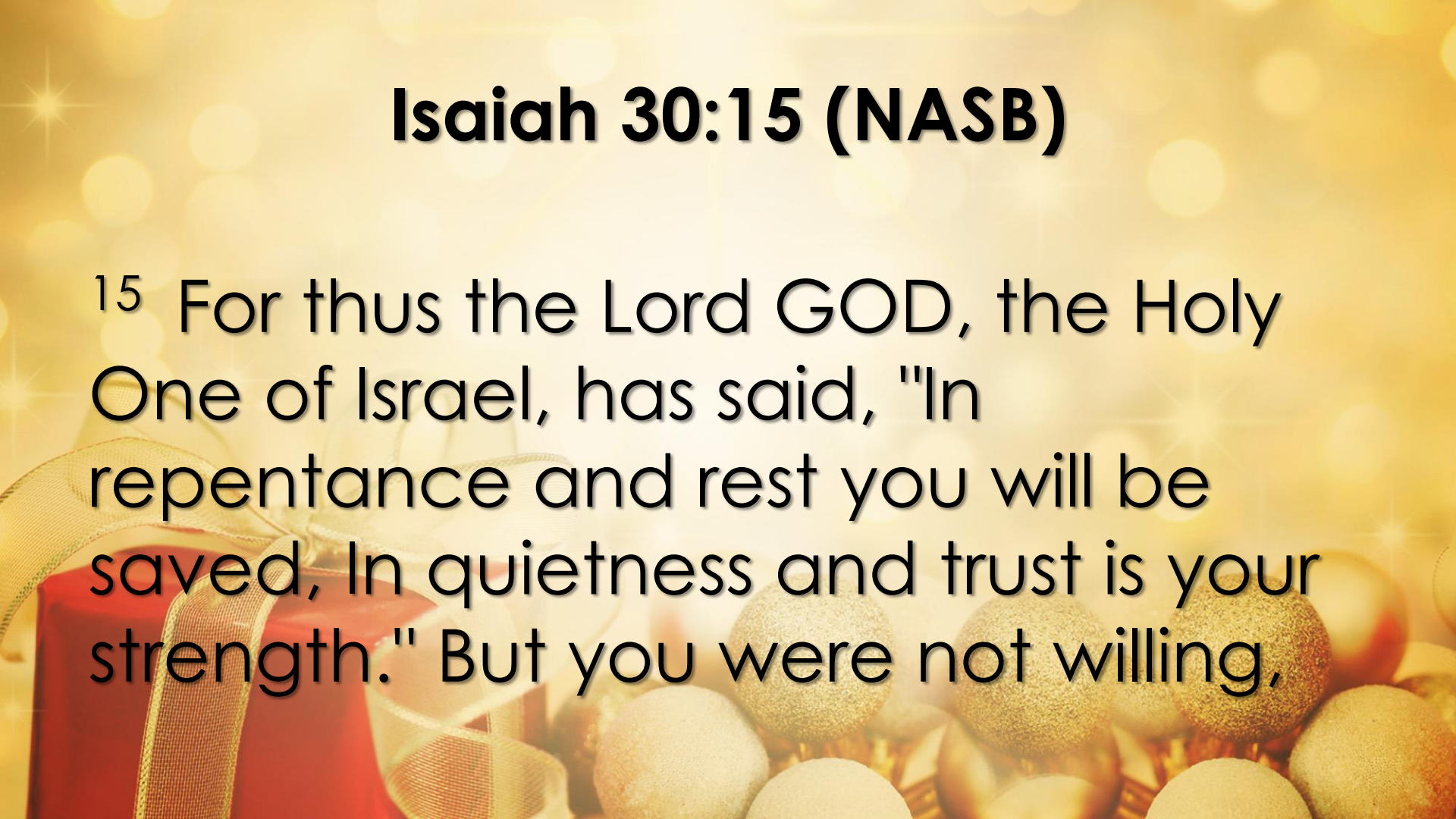
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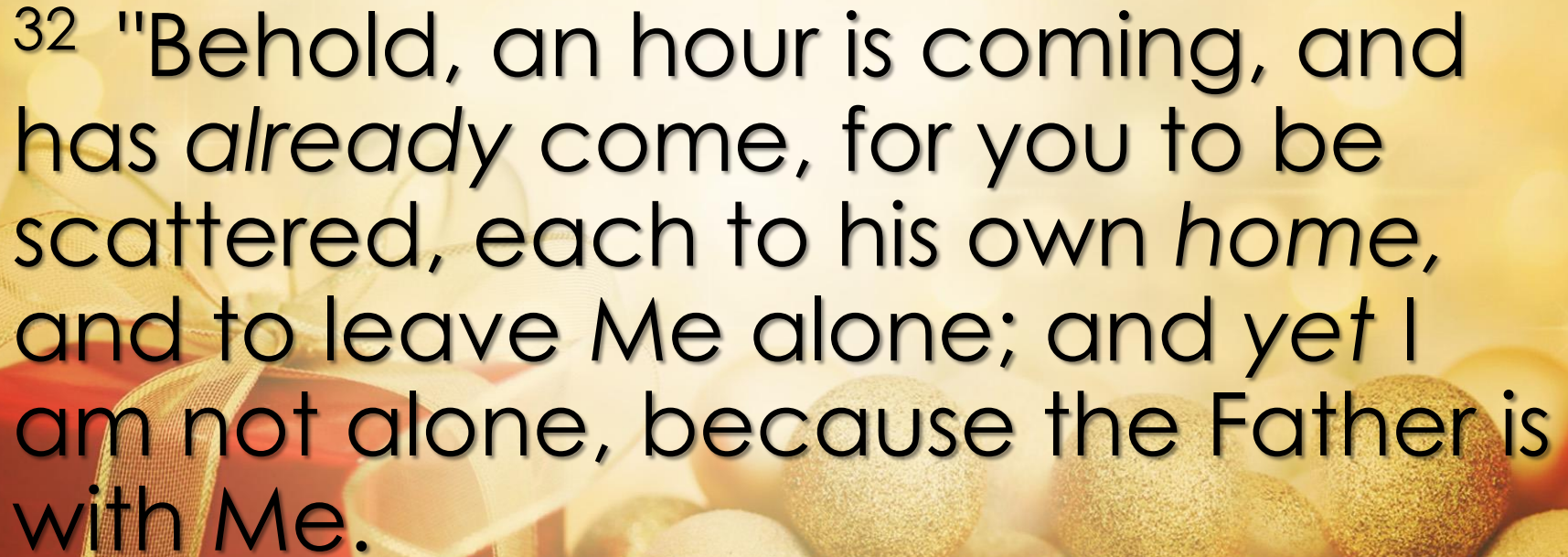
Isaiah 30:15 (NASB)

¹⁵ For thus the Lord GOD, the Holy One of Israel, has said, "In repentance and rest you will be saved, In quietness and trust is your strength." But you were not willing,

A festive background featuring a red gift box with a gold ribbon on the left, and several gold and silver Christmas ornaments in the foreground. The background is a warm, golden bokeh with soft light spots and a starburst effect in the top left corner.

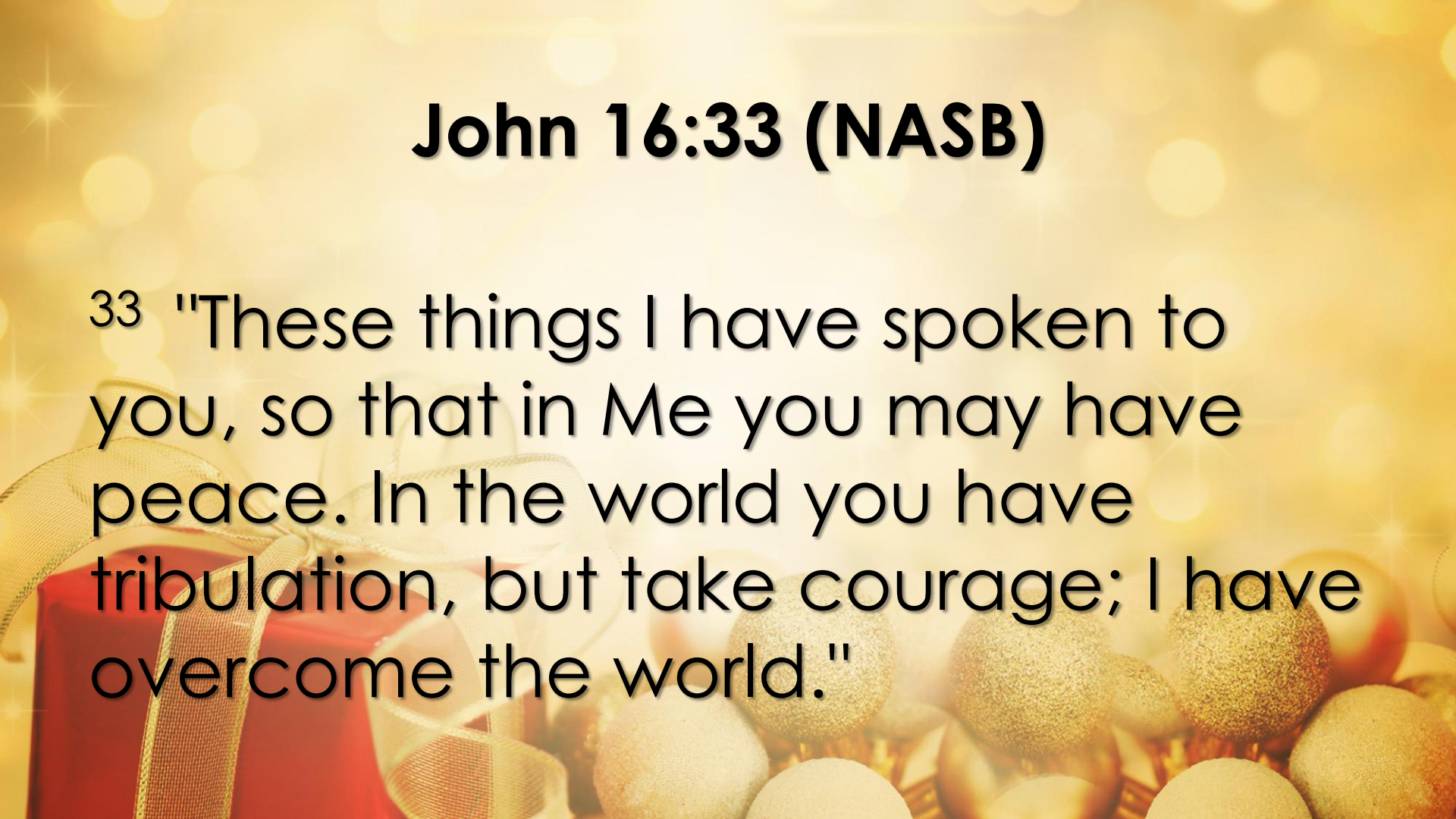
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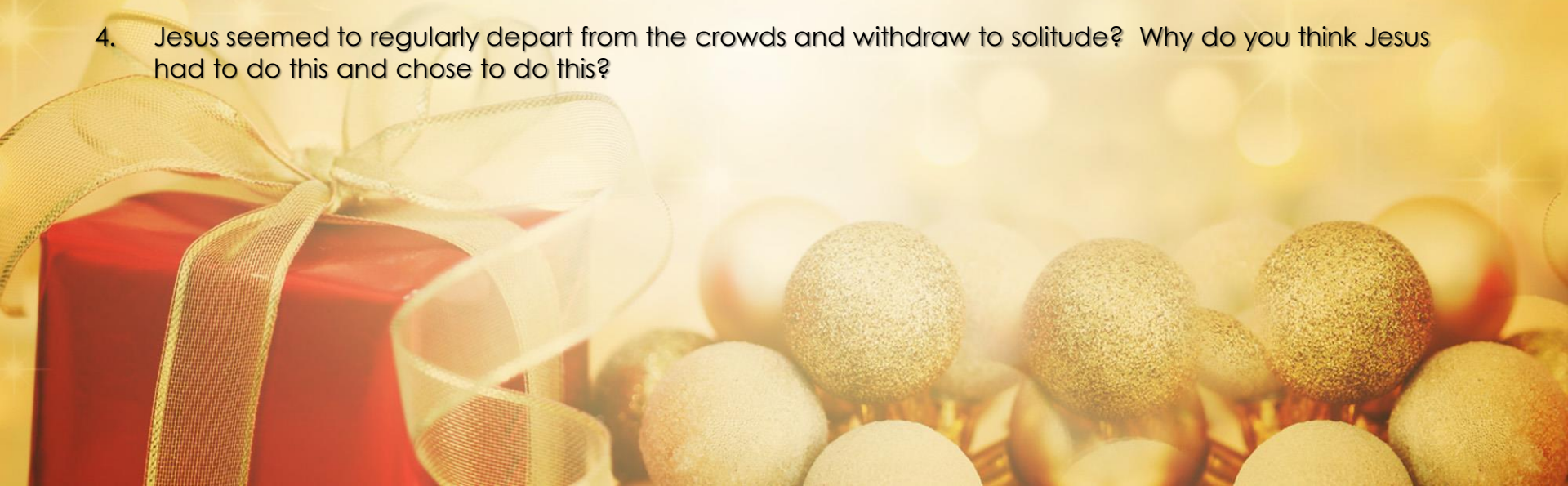
John 16:33 (NASB)

33 "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."



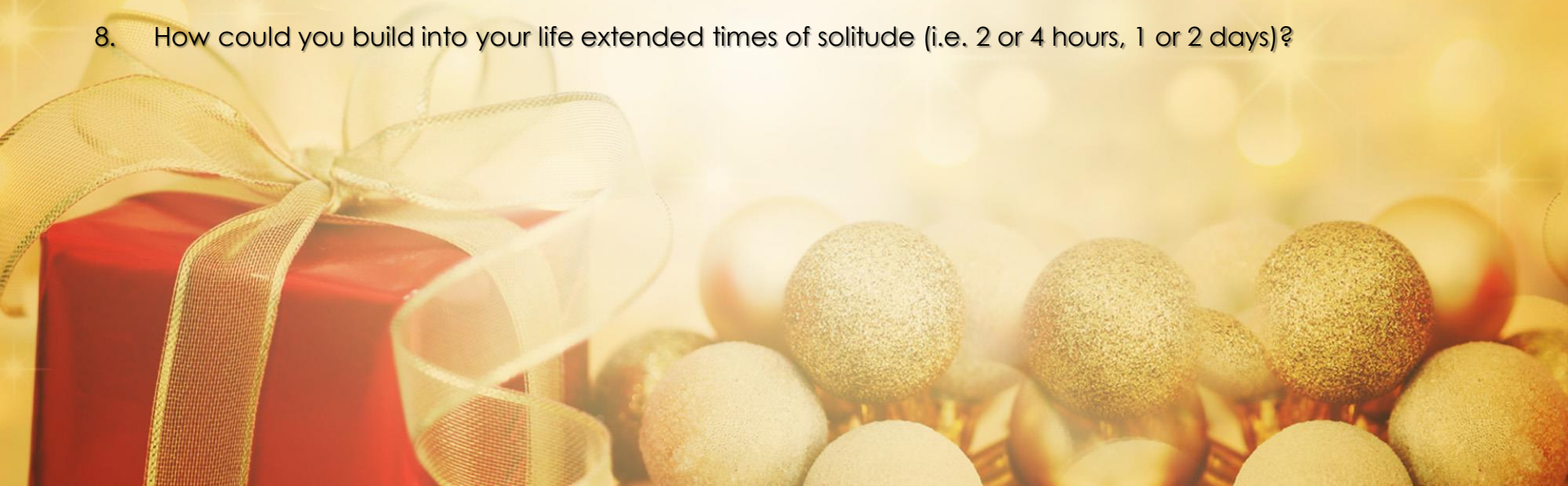
Questions

1. What kinds of positive and negative images come to your mind with the word solitude?
2. What do you think are the most important purpose(s) of the discipline of solitude?
3. Have you had any experiences of major life-altering events in your life that were difficult? If so, how did it affect you, and what did you learn from them?
4. Jesus seemed to regularly depart from the crowds and withdraw to solitude? Why do you think Jesus had to do this and chose to do this?



Questions

5. By personality and temperament, are you drawn toward being alone or toward being with people? What does this suggest about your practice of solitude?
6. What are some of your hindrances to solitude?
7. How could you build into your life daily times of solitude to “BE” with the Father?
8. How could you build into your life extended times of solitude (i.e. 2 or 4 hours, 1 or 2 days)?



Questions

9. What other practices or spiritual disciplines do you like to add into your times of solitude? (some examples might be: meditation, prayer, fasting, study, simplicity, submission, service, mourning, social justice retreat and journey, evangelism, missions, STMT's, worship, singing, journal writing, reading, listening or waiting prayer, thanksgiving prayer, exercise, walking, running, biking, nature walks, Bible study, Bible memory, Bible reading, Bible meditation, praying Scripture, giving, obedience, seeking the will of God for guidance, fasting, etc.).
10. In what ways do you think that being alone more often with the Father would produce in you a greater compassion and love for others?
11. What are some of the rewards you could see that you could have for being alone more with God?

