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## “Low-Key” Spiritual Practices Pt. 3

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Ivy Baptist Church Bible Study  
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### Goals of this series:

- To better understand the value of spiritual practices
- **To apply the studies spiritual practices into our walk with God**
- : Have nothing to do with godless myths and old wives tales; rather train yourself to be godly
- Training requires developing **consistency**

### Low Key Spiritual Practice #3: Solitude

- **Solitude:** The state or situation of being alone
- **Goal of solitude:**

### Effective Keys for Solitude:

- Solitude has to be **FREE** of distractions
- Solitude isolates us from the world to focus **JUST on God**
- Solitude helps to strengthen **OTHER** spiritual disciplines

### Key verse on Solitude: Matthew 6:5-6:

- 5 And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

### What makes solitude difficult?

- Most people can't "sit still" by themselves
- A lot of people are uncomfortable in silence
- Many don't know what to do in a moment of solitude

### Solitude and Relationship Goals:

- Solitude is time spent **ALONE** with your loved one
- **Intimacy** is developed/created in **PRIVATE** not public moments
- Blocking out/making time is highly desirable to your "boo" and to God!

### Jesus practiced solitude:

- **Mark 1:35-37:** 35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **SOLITARY PLACE**, where He prayed. 36 Simon and his companions went to look for Him, 37 and when they found Him, they exclaimed: "Everyone is looking for you!"

**Conclusion on Solitude:**

- You MUST create ALONE time with God and you!
- Solitude makes prayer, worship and more EVEN BETTER!!!
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