

March 1, 2026

WISDOM IN THE WILDERNESS: LOVING SILENCE & SOLITUDE Mark 1.35-37, Luke 5.15-16, 6.12

But Jesus often withdrew to lonely places and prayed. Luke 5.16

Jesus regularly withdrew from the noise and demands around him so he could listen clearly to his heavenly Father, remember his identity, and remain faithful to his calling. We live in what may be the loudest and most hurried age in human history, and our souls feel the strain of that constant distraction. The Lenten wilderness invites us to follow his example—intentionally embracing silence and solitude so that we, too, can listen for God's voice and be renewed in purpose.

Silence and Solitude can re-form our lives for the better.

- It helps us to **REMOVE** that which **DRAWS OUR ATTENTION** away from God.
- It enables us to more clearly **SEE THE TRUTH.**
- It helps us to become **MORE LIKE JESUS.** Over time this helps us to **MAKE BETTER DECISIONS.**

How to practice Silence and Solitude this week:

1. Pick one day and make an appointment with God.
2. Start small. Start with 15 minutes. Let it grow.
3. Remove something during this time: earbuds, TV, phone.
4. Practice breath prayers for a few minutes every day: simply choose a word or phrase such as *Abba* (breath in) *I belong to you* (breath out), *Lord Jesus Christ, Son of God* (breath in), *Have mercy on me* (breath out).
5. Focus on God's love for you.
I have loved you with an everlasting love... Jeremiah 31.3
6. Remember this practice is slow and not task oriented. Therefore, it can often feel difficult and unfruitful at first when we live in a world so driven by immediate results. The goal is to build rhythms where we often detach and practice silence and solitude before God. Given time, these experiences will become easier and more fruitful.