

A black and white photograph of a hand reaching upwards, palm facing forward, against a dark, starry night sky. The hand is the central focus, with fingers slightly spread. The background is a deep black with numerous small, bright stars scattered across it. A semi-transparent horizontal band is overlaid across the middle of the image, containing text.

SPIRITUAL DISCIPLINES

*delighting in solitude*

---

PSALM 130

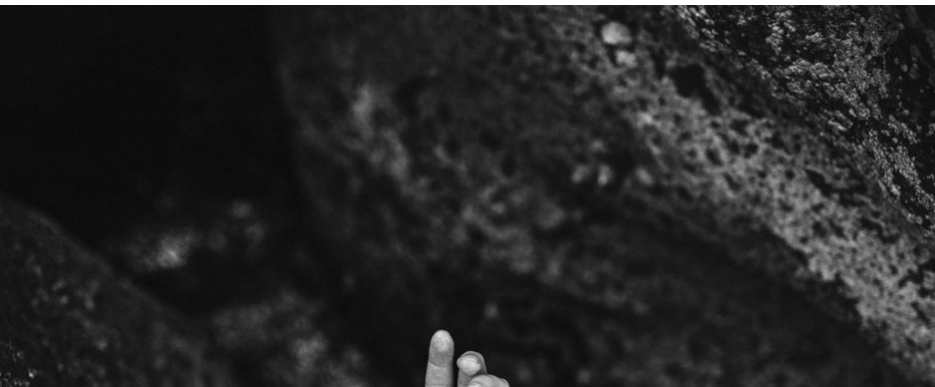




# Jesus and solitude

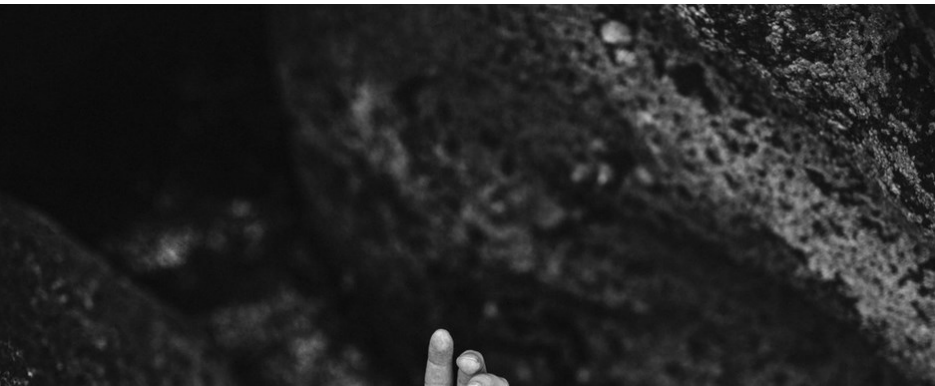
**Jesus often withdrew to lonely places and prayed**

luke 5:16



# Jesus and solitude

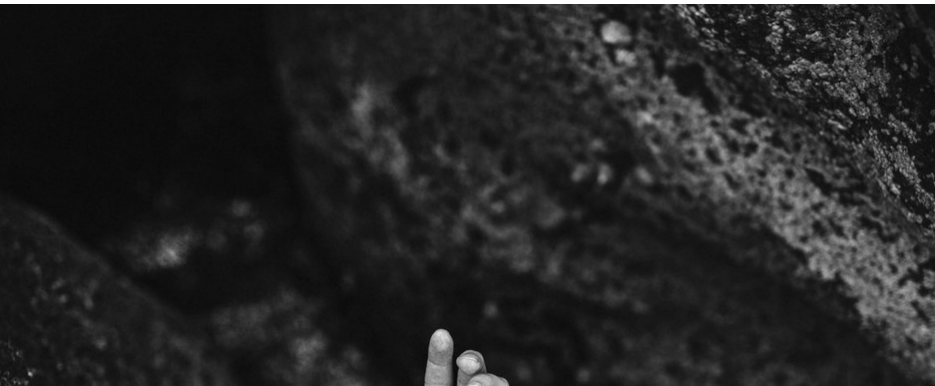
- **Luke 6 – selecting disciples**
- **Luke 9 – transfiguration**
- **Luke 22 – before crucifixion**
  
- **Luke 9 – teaching solitude to disciples**



translating ‘χωρέω’

**Either hupochóreó or anachóreó**

- **choreo: to leave a space (which may be occupied or filled by another), to make room, give place, yield**

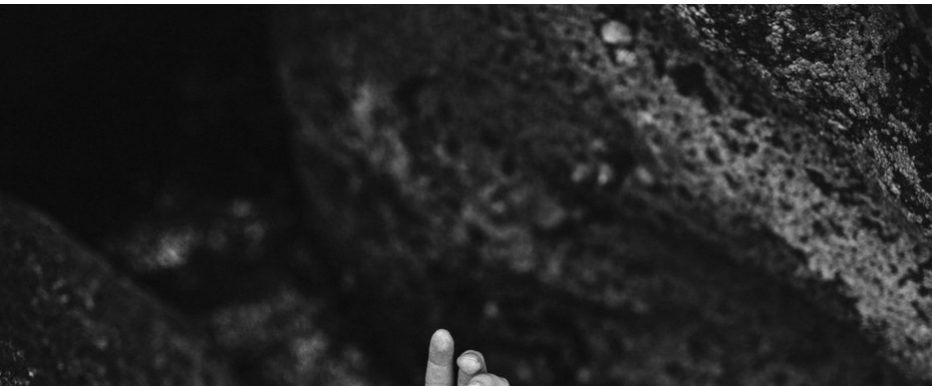


# Jesus and solitude

## **Temptation to:**

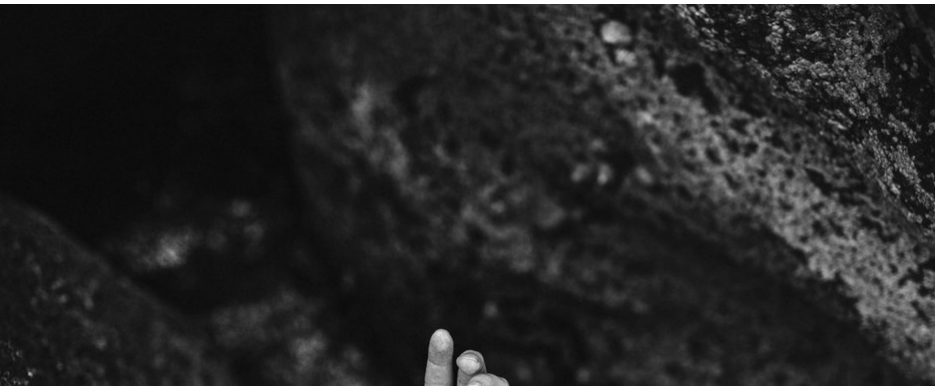
- 1. Turn stones into bread**
- 2. Jump off the temple**
- 3. Rule the whole world**

luke 4:1-13



how does solitude help?

- **Destroys materialism (bread)**
- **Destroys pride/ego (temple)**
- **Destroys power games (worship)**





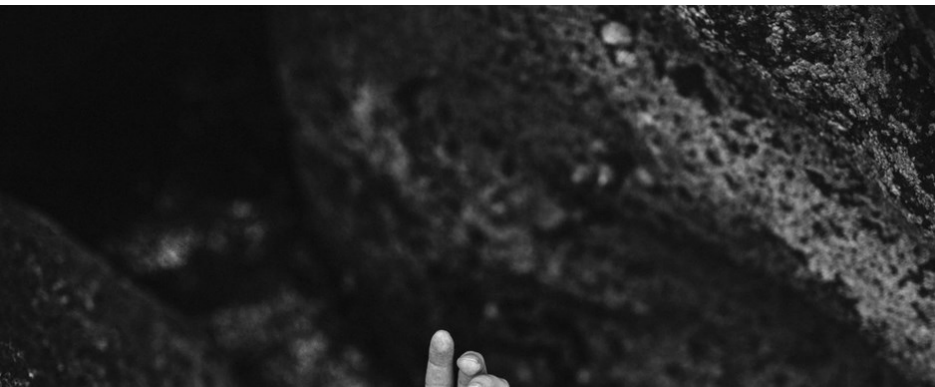


where can you find solitude?

prayer: the greatest gift

**Out of the depths I cry to you, Lord;  
Lord, hear my voice.  
Let your ears be attentive  
to my cry for mercy.  
If you, Lord, kept a record of sins,  
Lord, who could stand?  
But with you there is forgiveness,  
so that we can, with reverence, serve you.**

psalm 130

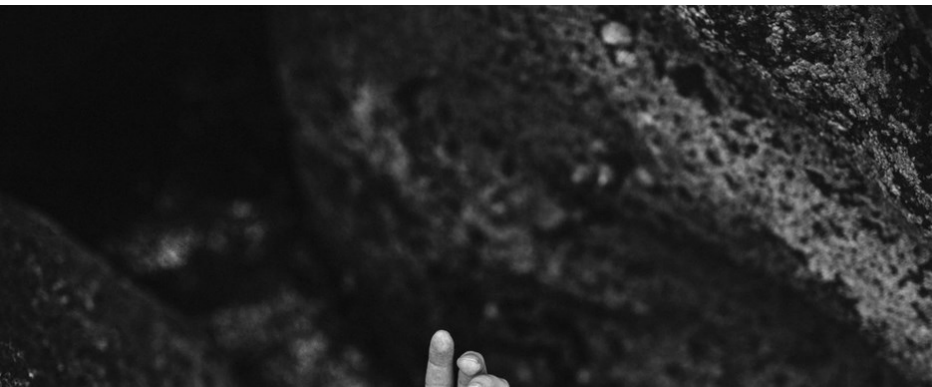


prayer: the greatest calling

**I wait for the Lord, my whole being waits,  
and in his word I put my hope.**

**I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.**

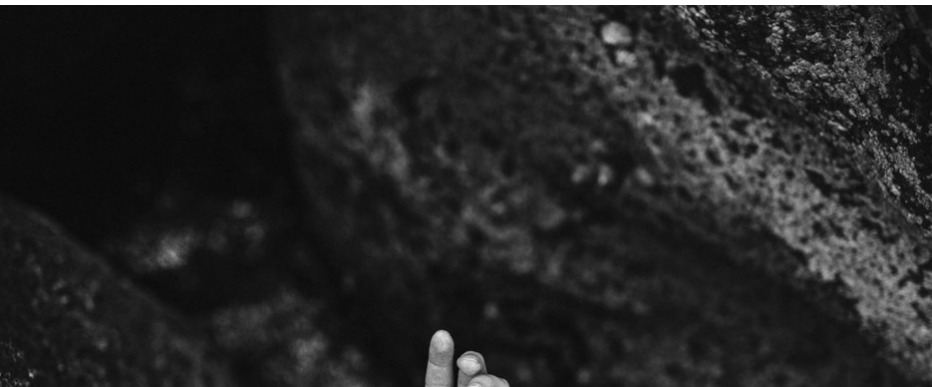
psalm 130



prayer: the greatest invitation

**Israel, put your hope in the Lord,  
for with the Lord is unfailing love  
and with him is full redemption.  
He himself will redeem Israel  
from all their sins.**

psalm 130



A black and white photograph of a hand reaching upwards, palm facing forward, against a dark, starry night sky. The hand is the central focus, with fingers slightly spread. The background is a deep black with numerous small, bright stars of varying sizes. A semi-transparent horizontal band is overlaid across the middle of the image, containing text.

SPIRITUAL DISCIPLINES

*delighting in solitude*

---

PSALM 130