

The Best Christmas Ever

Finding Christ Through the "Noise" of Christmas

Luke 1:5-14; 18-26

Silence and Solitude (A Spiritual Discipline)

- Silence - intentional voluntary effort to abstain from talking so that I might listen to god
- Solitude - an intentional effort to be alone so that I might hear from God, so that I might gain god's perspective on my life

The Bible Speaks to Silence and solitude

- Zeph 1:7
- Zech 2.13
- Hab 2:20
- Matt 6:6

Jesus practiced it:

- Matt 4:1-2
- Matt 14:22-23
- Mark 1:35

How To Practice Silence and solitude

1. Daily practice of the disciplines
2. Turn your music off
3. Close email programs, text messages
4. Turn your phone to sleep mode
5. Schedule a calendar event, "bonus practice"

Verses

Zephaniah 1:7

7 Be silent before the Lord GOD! For the day of the LORD is near; the LORD has prepared a sacrifice and consecrated his guests.

Zechariah 2.13

13 Be silent, all flesh, before the LORD, for he has roused himself from his holy dwelling.

Habakkuk 2:20

20 But the LORD is in his holy temple; let all the earth keep silence before him."

Matt 6:6

6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

Matt 4:1-2

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. **2** And after fasting forty days and forty nights, he was hungry

Matt 14:22-23

22 Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. **23** And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,

Mark 1:35

35 And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.