



Message Reflections

September 24, 2023

"Without solitude it is virtually impossible to live a spiritual life."

- Henri Nouwen

Read: 2 Timothy 4:7-8

Reflect: Paul challenges Timothy to train for godliness. How are you doing this? What could you do? What help do you need?

Read: Luke 5:15-16; Mark 1:35; Mark 6:30-32

Reflect: It is difficult to live a life focused on God without having a regular time set aside to focus our thoughts on God and to be with Him ("quiet time"). Jesus' life demonstrated how to engage the everyday world, while also taking time to withdraw and be refreshed.

- How much time do you spend with Jesus? What's working/not working in how you connect with Him?
- Take a look at your schedule for this week, keeping in mind Jesus' rhythm to engage and then withdraw. In the course of this week's plans, where will you withdraw and make time for a regular quiet time?

The goal of quiet time is to seek to know the Lord better, deepen your relationship with Him, and to experience real intimacy with Him. This time is the most important part of your day!

Respond: Take 2 minutes to be still and sit in silence. Let the Holy Spirit have control and lead you into the presence of God. Acknowledge this and ask Him to help you in this; He will do the rest.

"Come with me by yourselves to a quiet place and get some rest." (Mark 6:31b)