



EXALTING JESUS CHRIST

PROCLAIMING GOD'S GRACE

“Choosing What is Most Excellent”

PHILIPPIANS 1:10

THE SPIRITUAL DISCIPLINE OF SEEKING GOD IN SOLITUDE

MAIN POINT: PAUL PRAYED THAT WE WOULD GROW IN DISCERNMENT SO THAT WE WOULD CHOOSE WHAT IS EXCELLENT. CHOOSING A TIME OF SOLITUDE TO SEEK GOD IS THE MOST EXCELLENT CHOICE WE CAN MAKE!

I. Mary and Martha Luke 10: 38-42

Mary and Martha were sisters. Mary chose what was most excellentshe chose to sit at the Lord’s feet and listen to His teaching. Martha was anxious and troubled about many things and neglected her opportunity to sit with Jesus.

Jesus spoke these words to her: *“Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. MARY HAS CHOSEN THE GOOD PORTION, which will not be taken away from her.”* (verses 41-42)

II. We Glorify God When We Choose to Abide in Christ ... John 15: 1-8

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples.” (verses 4 and 7-8)

Application/Discussion Questions:

- 1) What is it really like for you to experience solitude?
- 2) When was the last time you practiced the spiritual discipline of solitude..... just purposing to be in the Presence of God? What was the result?
- 3) What prevents you from experiencing periods of solitudeeven 15 minutes a day alone in the Presence of God?
- 4) What would you need to do in order to consistently spend a 15 or more minutes a day in solitude?
- 5) How do you think regular periods of solitude would affect your life?