



Life Principles Notes™

The Power of Solitude

Summary:

No matter who you are, you will deal with tension and stress. It is true for all of us: just as we seem to have life under control, some other problem arises. We have greater technology and prosperity than ever before, but they have only brought us greater stress.

People deal with anxiety in many ways. What is your solution? The Bible's answer for you and me is the power of solitude. David, Israel's shepherd and king, was familiar with solitude. He cried out to God with these words: "In the morning, O Lord,

You will hear my voice; in the morning I will order my prayer to You, and eagerly watch" (Psalm 5:3).

No one likes the feeling of being lonely, and God said that it's not good for us to be alone. Solitude is His positive answer for loneliness, stress, and many of life's other problems.

Key Passage: [Psalm 5:1-3](#)

Supporting Scripture: *2 Samuel 7:18-22; Mark 1:33-37; Luke 5:15-16; Luke 6:11-12; Galatians 1:11-18; 2 Corinthians 5:16-20.*

Scriptural Principles:

1 Loneliness and solitude are not the same thing.

First, let's recognize the crucial difference between these two ideas—loneliness and solitude. Loneliness is the thing we want to avoid. It is that feeling of being detached and separated from other people whose fellowship we need. Loneliness is something we never choose for ourselves. Solitude, on the other hand, is a temporary period of being alone that we choose. It is our intentional retreat to a quiet place. God has told us in His Word that He didn't create us to be alone, but solitude is His gift to help us know Him better.

2 God's greatest servants have grown through solitude.

Moses quietly herded sheep for forty years as God prepared him for leadership. In 2 Samuel 7:18-22, we learn how David sat before the Lord and prayed to Him. What about Jesus? Solitude was at the center of His life. Mark 1:33-37 tells us how He found a secluded place early in the morning, even when life was busy. Luke 5:15-16 and Luke 6:11-12 also tell us of Jesus seeking solitude. As for the apostle Paul, Galatians 1:11-18 offers his testimony. For three years, he found solitude in Arabia, as God healed him and molded him for ministry.

3 Solitude helps us love God and know His love.

We don't seek solitude for the purpose of Bible study or a big prayer meeting. It is our opportunity to spend time alone in fellowship with God, and to let Him have fellowship with us. When was the last time you went away alone for the purpose of deep fellowship with God? That is the reason God placed you in this world. No other part of His creation is capable of loving Him but us. We are reconciled in Christ so that we can love God and know His love. (2 Corinthians 5:16-20) If we love Him, we will spend time with Him through solitude.

4 Solitude drives us to dependence upon God.

In our loneliest times, we may exhaust our own resources. No friend or spouse can meet our deepest needs, and no amount of money that can heal our emotions. We never seek that loneliness, but in fact, loneliness drives us to God. When we humbly sit before Him, He will work things out.

5 Solitude increases our productivity.

We lead lives that are far too busy and stressful. The more we hurry to accomplish our goals, the more divided and unproductive we become. Solitude simplifies our life because others are not there to distract us. When our day begins focused on Him, He shows us what is important.

6 Solitude can save us time.

God is able to show us just how much He loves us when we spend time with Him. One of the ways He does that is to speak to us about how we use our time. He gives us directions on how to accomplish His goals and become more productive. Life becomes more clear and less complicated through His perspective.

7 Solitude can provide divine energy.

Think of the crowds that pressed Jesus and made demands on Him as He passed through a town. He rose early to find a wilderness place to seek the needed divine energy given from His Father. You can be filled with that same divine energy, and strength, as you experience God's presence in solitude.

8 Solitude fills us with new peace and confidence.

The more we spend time alone with God, the more we find that people want to spend time with us. It is Christ within us that draws them, because His presence in us is contagious. People see the joy and the peace we have, and they sense that we have found a solution that they also need.

9 Solitude surprises us with God's fresh words for us.

The most wonderful surprises from God will emerge from that special time you spend sitting at His feet. Sometimes He will give you essential knowledge that will protect you from the danger that lies ahead in your life. He will remind you of His promises and guide you to new milestones in life.

10 How can we turn loneliness into solitude?

No one wants loneliness, but all of us want solitude that is blessed by God in so many awesome ways. How can we exchange one for the other? First, we can see this opportunity as a gift from God. Instead of focusing on the absence of people, we can focus on the presence of the greatest friend any person can have. Second, we can understand solitude as a wonderful opportunity to get to know God.

Conclusion:

I want to challenge you to see your lonely times as a blessing rather than a curse. Realizing that it is in the times of solitude that you can hear His voice clearly. Once you have begun to listen to Him, He will open the doors of your heart, your mind, and your spirit. You will learn more, experience more, and be more productive.

New confidence, courage, and divine energy will surge through you, and you'll find that you

no longer need those worldly things to which you've clung to in to the past. God doesn't want loneliness for you. No, it is you that He wants. He loves you so much and He wants more than anything for you to feel that love. Then, of course, you will love Him, too, and you will express praise and gratitude to your heavenly Father for the wonderful gift of solitude. 🙌

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