

TRANSFORMED BY SOLITUDE

Do you ever feel rushed and hurried in life? Most people do. Life can be hectic. And that's a problem, because hurry is the great enemy of spiritual life. Hurry can destroy our souls. We must ruthlessly eliminate it from our lives. Carl Jung said, "Hurry is not OF the Devil; hurry IS the devil." Again and again, as we pursue the spiritual life, we must do battle with hurry. Too many of us are skimming our lives, rather than really living them. We're distracted and rushed and preoccupied. We've got "**hurry sickness.**" Today we'll look at God's plan to heal us of this disease.

A. SYMPTOMS OF HURRY SICKNESS

1. Constantly speeding up daily activities
2. Multi-tasking (for example, while driving)
3. Superficiality (exchanging depth for breadth)
4. A diminished ability to love (Love & hurry are incompatible!)
5. Fatigue (feeling tired, drained, pre-occupied)

B. SOLITUDE: CHRIST'S CURE FOR HURRY SICKNESS

Mark 1:35-38 NIV "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.""

Luke 5:15-16 CEV "News about Jesus kept spreading. Large crowds came to listen to him teach and to be healed of their diseases. But Jesus would often go to some place where he could be alone and pray."

Mark 6:30-32 NLT "The apostles returned to Jesus from their ministry tour and told him all they had done and taught. Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. So they left by boat for a quiet place, where they could be alone."

In the gospels we find account after account of Christ seeking solitude...

1. He spent 40 days in solitude before beginning His public ministry. "Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness..." (Luke 4:1 NLT)
2. He spent the night in solitude before choosing the twelve. "Jesus went up on a mountain to pray, and he prayed to God all night. At daybreak he called together all of his disciples and chose twelve of them to be apostles." (Luke 6:12-13 NLT)
3. He withdrew privately for solitude after learning of the death of John the Baptist. "When Jesus heard what had happened, he withdrew by boat privately to a solitary place." (Matt 14:13 NIV)
4. Before the cross, Jesus sought the solitude of the Garden of Gethsemane (Matt 26:36-46). Jesus often visited this spot for meditation and prayer." (DA 685) "Jesus went out as usual to the Mount of Olives." (Luke 22:39 NIV)

C. LIKE JESUS, WE ALSO NEED SOLITUDE

Psalm 46:10 NLT "Be still, and know that I am God!"

Habakkuk 2:20 MSG "God is in his holy Temple! Quiet everyone—a holy silence. Listen!"

John 10:27 NLT "My sheep listen to my voice."

Isaiah 30:15 CEV God says, "I will keep you safe if you turn back to me and calm down. I will make you strong if you quietly trust me."

What could solitude look like in your daily life? What if you, like Jesus, were to withdraw often from the hectic pace of life, and find a quiet place of solitude?

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