

# The Connection

## Messages of Hope



A Weekly Online Newsletter: Edition 828

March 26, 2025

## “Spiritual Discipline 8 - Silence and Solitude”

In Reformed theology, silence and solitude are considered vital spiritual disciplines that enable a believer to cultivate a deeper relationship with God, align with His will, and experience spiritual growth. While the Bible emphasizes the importance of community and fellowship, it also highlights the significance of personal time spent in quiet reflection, prayer, and solitude. Let's explore the biblical and theological reasons why silence and solitude are essential in the life of a believer:

### 1. Silence Enables Focused Communication with God

Silence is a way of creating space for intimate communication with God. It allows believers to listen to God without distractions and to be still before His presence.

- **Psalm 46:10:** "Be still, and know that I am God."
  - This verse speaks directly to the necessity of stillness to know God. In a world filled with noise and distraction, stillness allows the believer to focus on God's greatness and hear His voice more clearly.
- **1 Kings 19:11-12:** "The Lord said, 'Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.' Then a great and powerful wind tore the mountains apart... but the Lord was not in the wind. After the wind, there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper."
  - Elijah experienced the powerful elements of nature, but God's voice came in a gentle whisper. This teaches that God often speaks in moments of quietness and stillness, and believers need to be silent to hear His voice.

### 2. Solitude Cultivates Personal Intimacy with God

Solitude is an opportunity for believers to be alone with God, away from the distractions of daily life. In solitude, believers can engage in focused prayer, meditation, and reflection, allowing for deeper intimacy with their Creator.

- **Mark 1:35:** "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."
  - Jesus Himself practiced solitude, seeking quiet moments to pray and commune with the Father. This demonstrates the value of retreating from the busyness of life for personal time with God.
- **Matthew 6:6:** "But when you pray, go into your room, close the door and pray to your Father, who is unseen; then your Father, who sees what is done in secret, will reward you."
  - Jesus teaches that private, solitary prayer is valuable to God. In solitude, the believer can approach God without the need for others' approval or attention, fostering a deeper sense of dependence on God.

### 3. Silence and Solitude Foster Spiritual Growth

The practices of silence and solitude allow for reflection on Scripture and personal growth. Without distractions, a believer can meditate on the Word, evaluate their life in light of God's truth, and hear the convicting work of the Holy Spirit.

- **Psalm 1:2:** "But whose delight is in the law of the Lord, and who meditates on his law day and night."
  - Meditation, which often requires silence and solitude, is a key to spiritual growth. In quiet contemplation, the believer's heart can be shaped by the Word of God.
- **Lamentations 3:25-26:** "The Lord is good to those who hope in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord."
  - Waiting in silence is often part of the believer's growth process, allowing them to wait expectantly for God's work in their life. Silence and solitude train the heart to rely on God and trust in His timing.

# HOPE Calendar

Wednesday, March 26  
Supper, Study and Prayer  
Supper @ 6pm  
Bible Study @ 7pm  
Prayer @ 7:45

Thursday, March 27  
Worship Team Rehearsal @ 7:00

Sunday, March 30  
Worship Team Run Through  
@ 8:00 a.m.  
Worship @ 9:30 a.m.

Wednesday, April 2  
Wednesday Night Supper @ 6pm  
Study & Prayer @ 7:00

Thursday, April 3  
Worship Team Rehearsal @ 7:00

## Helping Hands for MARCH 30, 2024

### ProPresenter

**Bill Joyner**

### Soundboard

**Bill Joyner**

### Live Streaming

**Diane Williams**

### Communion

**Elizabeth Floyd**

### Greeter

**Joan Rollinson**

Scripture Text and Sermon  
This Coming Sunday  
Spiritual Disciplines for the  
Christian Life:  
"Journaling"  
Ps 77:11-12  
Ps 102:18

## Prophecies O.T.

### Revealed....

### N.T.

Mar	23	Heb. 2:17
Mar	24	1 Sam 2:10
Mar	25	Matt 28:18
Mar	26	2 Sam 7:13
Mar	27	2 Pet 1:11
Mar	28	2 Sam 7:14a

## GROW

**Women of HOPE**  
**Saturdays at 10a.m. at HOPE**

**4/12/25**

**It's never too late to make things  
right**

**Wednesday Night**  
**Supper, Study, and Prayer**

Supper at 6:00 p.m.

**Email Attendance to Pastor**

Donations appreciated.

Study at 7:00 p.m.

Prayer Time at 7:45 p.m.

*For those who cannot join us in  
person, a Zoom Link will be provided*

### **"Food of the Month"**

for the Raleigh Dream Center  
Food Pantry

### **Boxed Cereal**

We have a collection bin in the foyer

### **HOPE Meal Ministry**

Take a meal from the freezer if  
needed for you or someone else.

## **SERVE**

### **TLC Devotion**

4th Wednesday each month

**@ 11:00 a.m.**

5124 Departure Dr # 101, Raleigh

"The downside of all of our amazing  
technology is that the appeal and  
accessibility of these things means the  
elimination of almost all quiet spaces in  
our lives. More than any generation in  
history we must **discipline** ourselves to  
enjoy the blessings of silence and  
solitude."

George Whitney(paraphrased)

### Prayer Requests:

Ron Clifton, Burton(Erin), The Branch's,  
Donna Williams & Brett, Phil Parton,  
Krishana, God's peace in the USA, Dave  
Rendall, Gene & Becky Hale, Sam and  
Rachael, Joan Rollinson, Will Floyd's  
Fiancé's Mother: Jennifer, Jerry & Alice  
Kinard, Dianne Reinoso, Janice  
Worthington, Cindy (Elizabeth), Nancy  
Hutchens (Positive Cancer), Pastor Search  
Committee, Barbara(81) Stroke, Joey(18)  
Crohn's, Ebo (Glioblastoma #3/4)-family has  
4 children, Youth Ministry, Kathy Jo and her  
family, Peggy Karpenske, Claudia in Idaho  
(Kathy H), Patty Moyer's son Brandon, Dave  
& Dot Geil, Corbin Broome, The Mallory  
family, Carol & Colin (Kathy H), Loretta  
(Sandi U), Joan Summers, Shelley  
Riggleman (Bruce), Jordan Stevens (Lynn  
J.), Ellie Tappan, Carlyle and Cynthia

**"I think the devil has made it his  
business to monopolize on three  
elements: noise, hurry, crowds....  
Satan is quite aware of the power  
of silence."**

**Jim Elliot**

## **UPCOMING**

**WOMEN OF HOPE**  
**Saturdays at 10 a.m. at HOPE**

**4/12/25**

**It's never too late to make things  
right**

**4/26/25**

**Why do you call one day good and  
another day bad?**

**HOPE Church Raleigh**  
**An Evangelical Presbyterian Church**  
**4911 Green Rd**  
**Raleigh, NC 27616**  
**919-508-6827**  
**Worship Time: 9:30 AM**

**www.HopeChurchRaleigh.org**

**www.facebook.com/HOPEChurchRaleigh**

**Twitter: @HopeChRaleigh**

**YouTube.com (type "HOPE Church Raleigh"  
in the search box)**

#### 4. Silence and Solitude Reflect Humility and Submission to God

Both silence and solitude are practices of humility, where the believer acknowledges their dependence on God and submits to His will. In these moments, believers learn to surrender their desires, control, and plans to God's sovereignty.

- **Isaiah 30:15:** "This is what the Sovereign Lord, the Holy One of Israel, says: 'In repentance and rest is your salvation, in quietness and trust is your strength.'"
  - This verse emphasizes that spiritual strength and salvation are found in quietness and trust. By embracing silence and solitude, the believer submits to God's rule, acknowledging that true strength comes not from striving, but from resting in God's provision.
- **Psalm 62:1-2:** "My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken."
  - Silence allows the soul to rest in God alone, a posture of trust and submission. Solitude removes distractions, helping the believer to focus fully on God's sufficiency.

#### 5. Silence and Solitude Prepare the Heart for Service

Spending time alone with God not only nourishes the believer's inner life but also prepares them for effective service in the world. A soul that has been refreshed and aligned with God's will is more capable of serving others.

- **Luke 5:16:** "But Jesus often withdrew to lonely places and prayed."
  - Jesus, though constantly serving others, made time to withdraw to solitary places to pray. His time of solitude refreshed Him and prepared Him for the demands of ministry. Similarly, believers need periods of silence and solitude to replenish their spiritual vitality before serving others.
- **Luke 6:12-13:** "One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles."
  - Jesus spent an entire night in prayer before making a significant decision. Solitude in prayer and reflection was vital for Jesus as He discerned the will of the Father, and it similarly equips believers to make decisions in accordance with God's will.

#### Conclusion

In Reformed theology, silence and solitude are not merely about withdrawal from the world but are vital practices for spiritual growth, communication with God, and alignment with His will. These practices mirror the example of Jesus and are encouraged in Scripture as means to cultivate deeper intimacy with God, gain spiritual strength, and prepare for faithful service in the world. When practiced in dependence on God, silence and solitude help the believer to humble themselves, grow in holiness, and reflect God's glory.