



# Be Still



**Be Still**  
**and know that I am God**



# Maturity

**Physical: Fully developed physically;  
full-grown**





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**Physical: Fully developed physically;  
full-grown**

**Emotional: Having reached an  
advanced stage of mental  
or emotional development  
characteristic of an adult.**



# Maturity

**Spiritual: Ephesians 4:15-16**

**Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.**



# Spiritual Maturity

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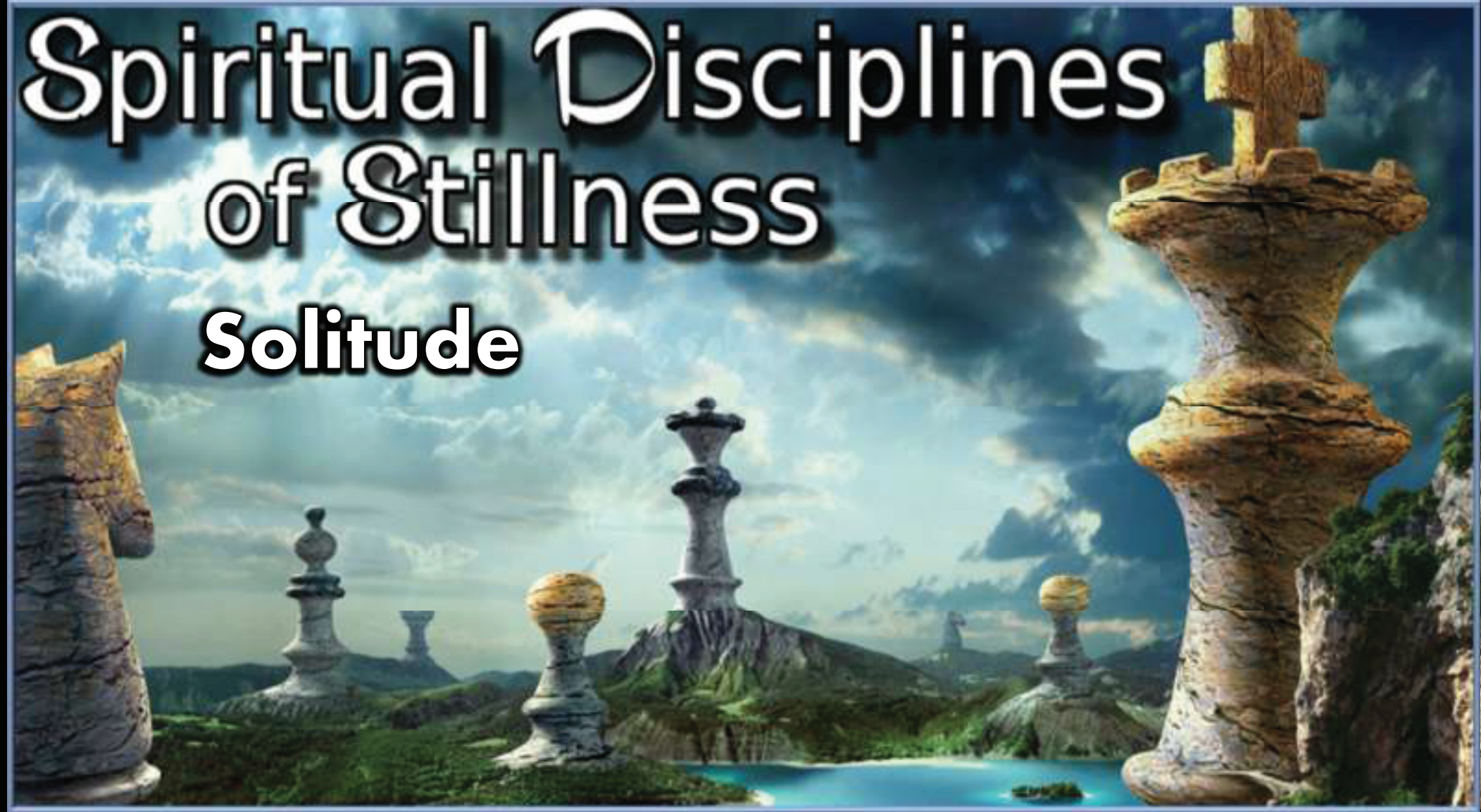
**Mature people are seldom reactive for the sake of reacting**

**Mature People understand the value of being still**



# Spiritual Disciplines of Stillness

## Solitude



# The Value of Solitude

Alone time increases empathy





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**Solitude sparks creativity**

**Being alone can help you build mental strength**

**Solitude may reduce behavior problems in kids**

**Being alone gives you an opportunity to plan your life**

**Solitude helps you know yourself**





# Jesus Sought Solitude

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

**Luke 5:15-16**





# **Jesus Encouraged Solitude**

**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.**

**Matthew 6:6**



# 5 Moments Jesus Chose Solitude



**To prepare for a major task**  
**Jesus, full of the Holy Spirit, left the**  
**Jordan and was led by the Spirit into**  
**the wilderness, where for forty**  
**days he was tempted by the devil.**  
**He ate nothing during those days,**  
**and at the end of them he was hungry.**



**Luke 4:1-2**



# To recharge after hard work

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”



**Mark 6:30-32**





# **To work through grief**

**When Jesus heard what had happened, he withdrew by boat privately to a solitary place.**

**Hearing of this, the crowds followed him on foot from the towns.**

**Matthew 14:13**





# **Before making an important decision**

**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.**

**Luke 6:12-13**

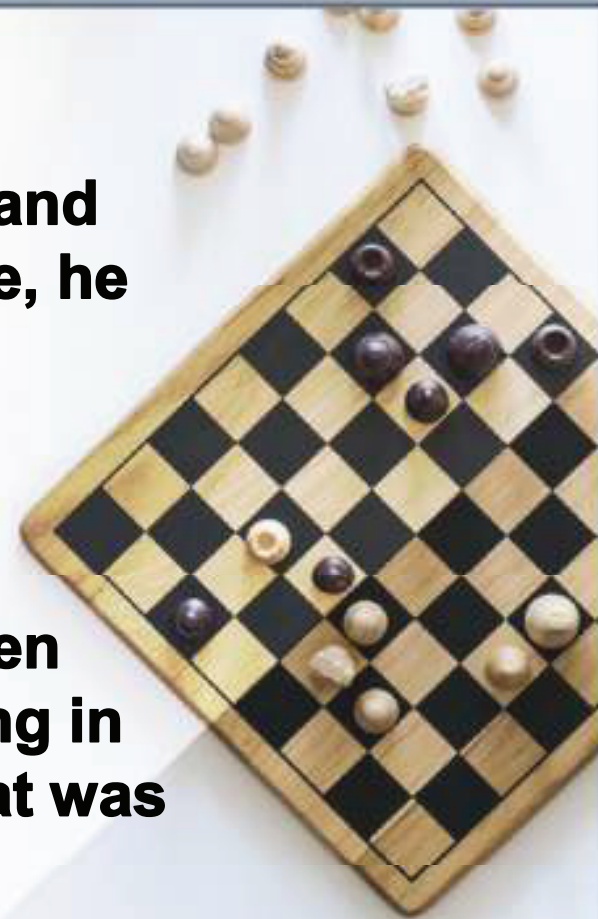



# In a time of distress

**Jesus went out as usual to the Mount of Olives, and his disciples followed him. On reaching the place, he said to them, “Pray that you will not fall into temptation.” He withdrew about a stone’s throw beyond them, knelt down and prayed, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground**



**Luke 22:39-44**





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**Solitude**