



**Keswick
Ministries**

HEARING BECOMING SERVING

Back to the Basics

Learning to Rest - Solitude

Anne Zaki: Seminar 2

HOW TO USE THIS RESOURCE

This seminar is the second in a series of four. You can watch the seminars on your own or with your church, small group, or friends. The questions/reflections below may help you discuss and work through how to apply what you've learnt to your own life. Start the video and then pause it when suggested to look at the question(s).

WATCH THE VIDEO:

[Seminar 2:
https://tinyurl.com/2wy3yp7m](https://tinyurl.com/2wy3yp7m)



To watch the video, scan the QR code or go to @KeswickConvention on YouTube and search for Anne Zaki

SEMINAR OUTLINE

Many Christians, especially church workers, struggle to rest. But the discipline of solitude is not an optional extra, it is fundamental to our spiritual health and our functioning as human beings. Our culture seeks to mould us, and solitude is God's provision to help us remember our true identity. Time alone with God reminds us who we are, who he is, and who others around us are.

QUESTIONS

Watch the video and pause it at 30:24 minutes.

1. How does the image of the weaned child in Psalm 131:2 help you understand the discipline of solitude?
2. In Exodus 16 what did God want to teach his people about himself through the principle of rest?
3. What happens to your view of yourself, others, and God when you don't have times of solitude? What changes in yourself and your attitude do you notice?
4. Why did Jesus need to practice solitude? Look at Matthew 4:1-11, 26:36, and Mark 6:3-32.
5. How would you answer someone who said, 'The 6:1 rhythm of work and rest set up in the Old Testament is no longer applicable today'?

Restart video at 30:24 minutes (<https://tinyurl.com/yckbk2v8>) and watch until 40:18 minutes.

6. What do you think is the greatest challenge to the discipline of solitude today? How could we help each other practice it more intentionally?

Restart video at 40:18 minutes (<https://tinyurl.com/3vk284vy>) and watch until the end.





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REFLECTION/PRAYER

- This week practice solitude in some way - for example pray first thing in the morning, switch off your mobile phone for a few hours, or find a room/chair in your house where you can be alone with God. Discuss your experience with the group.
- Praise God that because he is reigning, we can rest. We don't need to be in control, we don't have to rely on our own productivity, and our work does not determine our worth. Worship God together for his faithfulness, his provision, and his sovereign rule.
- The more you practice solitude the more you become aware of the words you say and their impact. What changes do you need to make so that your tongue is less a thermometer and more a thermostat?
- If you would like to learn more about the spiritual disciplines you could read, 'Celebration of Discipline' by Richard Foster, 'The Spirit of the Disciplines' by Dallas Willard, or 'The Life You've Always Wanted' by John Ortberg. You can also find helpful resources at www.renovare.org.

