“The Secluded Place”

(Luke 4:42)

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1. Christ’s habit of solitude

Matthew 14:6-13, 23

Mark 1:32-35, 6:30-32, 45-47

Luke 5:15-16, 6:6-12; 9:17-18, 11:1-4, 22:39-46

John 6:15

Hebrews 5:7

Matthew 6

John 17

2. Our habit of solitude

Psalm 37:7

Psalm 46:1-10

Psalm 62:1-2

3. Hindrances to our solitude

-distractions

-loneliness

-fear of missing out

-productivity

-nomophobia

**Idols

4. How to develop a habit of solitude

-Personal devotions

-Fasting

-Meditation

-Secluded place

5. Resources to strengthen the habit of solitude

-Bible: literal translation/ amplified/ topical

-Compilation of Scripture prayers and promises

-Prayer books/journals

-Hymnal

-Devotional books

-Creeds and Confessions

For Further Study

"12 Ways Your Phone is Changing You" Tony Reinke

"Creating Space for Soul Refreshment" Heather Nelson

"A Way to Pray" Matthew Henry and O. Palmer Robertson

"Every Moment Holy" Prayers and Journal