



LIVING IN SACRED RHYTHM | “SOLITUDE”

July 26, 2026

Mark 6:7–13; 30–32(NIV)

⁷ Calling the Twelve to him, he began to send them out two by two and gave them authority over impure spirits.

⁸ These were his instructions: “Take nothing for the journey except a staff—no bread, no bag, no money in your belts. ⁹ Wear sandals but not an extra shirt.

¹⁰ Whenever you enter a house, stay there until you leave that town. ¹¹ And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them.”

¹² They went out and preached that people should repent. ¹³ They drove out many demons and

anointed many sick people with oil and healed them.

³⁰ The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ 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.”

³² So they went away by themselves in a boat to a solitary place.

Notes:

“You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.” Luke 10:27

- How do I love God with all my strength?
- How do I love God with all my mind?
- How do I love God with all my soul?

The soul is the center of a person’s inner life. It includes the abilities to think, remember, imagine, choose, desire, and feel emotions.

“work on your own salvation with fear and trembling, for it is God who is at work in you, enabling you both to will and to work for his good pleasure.” Philippians 2:12b–13

Solitude Summarized

Solitude is the intentional practice of spending time alone with God.

Biblical solitude is not a rejection of community.

Preparing for Solitude: Jesus Sends and Empowers

- He sends them out in pairs (7)
- He gave them what they needed to accomplish the task (7)
- He gave them clear parameters (8–11)

Advising Solitude: Jesus Directs

- Come away
- Rest a while

Learn from Jesus!

- Practice moments of solitude
- Practice times of solitude