

WHO AM I FOLLOWing?

SOUL TRAINING: SOLITUDE AND THE GOSPEL OF MARK

As Mark writes his Gospel, he makes it clear that lonely places, deserts, and times of solitude played an important role in Jesus' ministry and in helping people realize Jesus' identity.

This week consider spending some time alone each day. During this time meditate on one of these "solitude passages" and answer the related question(s). As you sit, read, answer, and pray, pay attention to how God is transforming you through solitude.

SUNDAY – Mark 1:1-3

How can spending time in a desert (in solitude) prepare your heart to learn more about Jesus?

MONDAY – Mark 1:9-10

Jesus leaves where he is to meet John the Baptist in the desert. What does Jesus hear from God in this desert? What are you hearing God say to you in solitude today?

TUESDAY – Mark 1:12-13

Why might temptation increase when we go into solitude? What temptation are you facing today in your time of solitude? When you leave your time of solitude, what are you going to do in the face of this temptation?

WEDNESDAY – Mark 1:35-39

What pressing need or item on your to-do list is distracting you from your solitude time today?

THURSDAY – Mark 6:30-32

Think of a time when busyness took over your life. What impact did busyness have on your spiritual life? How is your fifth day of solitude impacting your spiritual life?

FRIDAY – Mark 9:2-4

What part of Jesus' character has solitude helped to illuminate for you?

SATURDAY – Mark 14:32-35

Pray Jesus' words, "...not what I will, but what you [the Father] will." What concrete steps are you going to take to more closely follow God's will as a result of your week of practicing solitude?

