

Spiritual Fitness - Solitude

In matters of fitness, it's really important that you make sure you get proper rest. It's easy to get so focused on one area of your life, that you completely lose focus of other areas. The ironic thing is, so many of us are always complaining about how busy and tired we are, and yet God continually promises us His rest. The question then is, how come we aren't in His rest?

Making sure we take times of solitude – to commune and hear God is vital for maintaining our sanity in this day and age.

In today's study, let's take a look at Psalm 63, and understand it line by line.

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Warming Up

1. When was the last time you had a moment of solitude?
2. What are some of the biggest barriers between you and solitude?
3. What do you imagine solitude to be?

Into the Passages

Have someone read out Psalm 63. Now have another person read it out in another version.

4. What does it mean for a soul to thirst for God?
5. David was most likely in the wilderness when he wrote this Psalm (possibly fleeing from Saul, after David was anointed King by Samuel (1 Sam 23:14-15); or at a later time when he was in the wilderness from leaving Absalom (2 Sam 15:23-28).) **What things about his situation make him cry out to God in such a way?**
6. What does verse 2 mean? How does that help him in his spiritual situation?
7. In this Psalm, what does David do when his soul is dry?
8. What does it mean to be satisfied in God? Physically, emotionally, spiritually, mentally?

Moving Forward

We saw quite a few newcomers to church on Baptism Sunday and these newcomers witnessed the profound event of baptism and heard the message that the perfect God longs for His creation to be reconciled to Him because He has made the way through Jesus.

9. What are the things you use instead of God to satisfy your soul's thirst? What prevents your soul from "clinging" to God?
10. What things can you do refocus on God?
11. Are there things in this day and age that seek to "destroy your life?" How does this Psalm help us to face these things?
12. How bad does life have to get before you cry out to God?
13. How can solitude help you to cry out to God?
14. What things can you practically do to make time for solitude with God?

Life Together

Let's try using social networking for good, and not evil. Get your calendars out and discuss what's a time that each of you might be able to have some time of solitude.

Now pair up and commit to asking/texting/messaging/fb'ing each other once this week to see whether you were able to have that time of solitude. And then share with each other how it went.

Spend some time praying for one another and encouraging each other to cling to God more.

Leader's Guide : Spiritual Fitness - Solitude

These notes are primarily for the Into the Passage portion, and are to be used just as guidelines or commentary notes. Most of them are my own thoughts, so take that with a grain of salt. Let the Word of God lead you to truth, not these notes.

Into the Passage

Have someone read out Psalm 63. Now have another person read it out in another version.

For the leader notes, i'll be using the ESV & NLT translations

4. What does it mean for a soul to thirst for God?

To be earnestly seeking Him. Knowing that satisfaction, and quenching comes from him. For a soul to thirst in God, means it's not just the physical that you're hoping to satisfy, but the inner life you're asking God to satisfy.

5. David was most likely in the wilderness when he wrote this Psalm (possibly fleeing from Saul, after David was anointed King by Samuel (1 Sam 23:14-15); or at a later time when he was in the wilderness from leaving Absalom (2 Sam 15:23-28).)

What things about his situation make him cry out to God in such a way?

David is in forced solitude you might say. He is also away from comforts of his life, but is under physical persecution and weariness. There are genuine reasons for him to wonder about God's faithfulness. But instead of turning away, he seeks God even more.

6. What does verse 2 mean? How does that help him in his spiritual situation?

David focuses on where God is - the knowledge of God in his sanctuary, the place of worship and safety. The place of holiness, power and glory. It reminds him of God's greatness, and that he remains in charge and in control of all.

7. What does David do when his soul is dry?

He cries out to God, meditates on him, remembers God's goodness, and clings to Him.

8. What does it mean to be satisfied in God? Physically, emotionally, spiritually, mentally?

Satisfied in God means that you find your peace in Him. His comfort. You won't be afraid, or worried, or stressed. But you can see his greater plan and trust in Him.