

## Practice Makes Perfect: Solitude Handout

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***Read Teresa of Avila's reference to solitude and react to it.***

"Settle yourself in solitude and you will come upon Him in yourself."

***Go through these gospel references where Jesus sought solitude and reflect on your commitment to be like Jesus (including this area).***

- Matt 4:1-11
- Matt 14:13
- Matt 14:23
- Matt 17:1-9; Luke 9:28-36
- Matt 26:36-46; Luke 22:39ff
- Mark 1:35
- Mark 6:31
- Luke 4:42
- Luke 5:16
- Luke 6:12-13
- Luke 9:18
- Luke 11:1

### ***Steps***

Answer the following with a sense of rejoicing in what you do or a commitment to begin:

1. Identify times when you could find "little solitudes"?
2. What place and time could you be alone with God?
3. Do you struggle with silence and solitude? If so, why? If not, are you finding such time or not?
4. Could you ever "retreat" for 3-4 hours in solitude and silence with the Lord? When?