

BIBLE STUDY and REFLECTION

Solitude

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In old Superman comic books, Superman often visited a place called the *Fortress of Solitude*, or *The Secret Citadel*. The fortress was Superman's hideaway, a haven of refuge, initially located in outer space, then in the center of the earth until finally it was established on the side of a cliff in the Arctic. It was in the fortress where Superman rested from all his adventures in saving the world. There, he contemplated new ways to defeat the enemy. He found encouragement for future battles by recalling victories in the past, and he battled his chess-playing robot to develop focus, strength, wisdom and endurance. Superman even went to the Fortress of Solitude to reconnect with his father! So, when and where do you get away and rest? We're all involved in some really great things. And while it can be good to be active and productive, and yes, even busy, the world, our schedules and the demands of others are clamoring for our attention. Stop and be quiet for a moment and listen to all the noise. Yikes!

Not only did the Man of Steel need to get away from time to time, but the Scriptures offer us a pattern to rest and unplug from the matrix of our lives.

Bible Study

1. [Exodus 20:8-11 \(NLT\)](#) God knew we'd need to refuel and refocus, so he established the Sabbath as a day of rest.
2. [Numbers 10:33-34 \(NLT\)](#) During the battle, the Lord went ahead of the people to find them a place to find rest.
3. [Psalm 62:1-2 \(NLT\)](#) We can find rest and peace in God alone (not in the world, not in your efforts and successes, and not in your schedule)
4. [Psalm 91:1-2 \(NLT\)](#) Learning to dwell with God brings rest and refuge.
5. [Ecclesiastes 2:23 \(NLT\)](#) Living with a restless mind is meaningless.
6. [Matthew 11:28-30 \(NLT\)](#) Jesus offers rest as a way of life to those who are burdened and weary.
7. [Psalm 5:3 \(NLT\)](#) The Psalmist lays his requests to God as a regular pattern of his life.
8. [Mark 1:35 \(NLT\)](#) Even Jesus spent time alone, in a solitary place, to connect with the Father.

In repentance and rest is your salvation, in quietness and trust is your strength [Isaiah 30:15 \(NIV\)](#)

Reflection

1. The Bible describes solitude as being times set aside as well as a way of life. What's the difference?
2. What keeps you from taking times of solitude?
3. How will you incorporate solitude into your life?

Take a few minutes today. Don't eat, don't drink, don't listen to music. Simply be quiet before God.

Prayer

Jesus, thank you for your amazing love and kindness. Help me move more gently and easily into times of solitude. I pray you'd bring me rest and refreshment for my soul. Amen.