



Solitude (Matthew 14:21-23; Psa 23)

Slowing Down – March 23, 2025

One Vision: Seeing as God Sees

Do you see solitude as God sees?

Solitude = the practice of being alone to connect with God or deepen one's faith

Solitude was essential to the life of Christ

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. *Matthew 4:1 NKJV*

And when He had fasted forty days and forty nights, afterward He was hungry. *Matthew 4:2 NKJV*

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. *Mark 1:35 NKJV*

Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. *Mark 6:30 NKJV*

And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. *Mark 6:31 NKJV*

So they departed to a deserted place in the boat by themselves.” *Mark 6:32 NKJV*

Now those who had eaten were about five thousand men, besides women and children. *Matthew 14:21 NKJV*

Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. *Matthew 14:22 NKJV*

And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. *Matthew 14:23 NKJV*

Solitude is a gift from God to us

There remains therefore a rest for the people of God. *Hebrews 4:9 NKJV*

For he who has entered His rest has himself also ceased from his works as God did from His. *Hebrews 4:10 NKJV*

Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. *Hebrews 4:11 NKJV*

“The invitation to solitude and silence is just that. It is an invitation to enter more deeply into the intimacy of relationship with the One who waits just outside the noise and busyness of our lives.” – Haley Ruth Barton

Solitude is essential to our life in Christ

I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. *John 15:5 NKJV*

“In an increasingly distracted and noisy world, we need solitude more than ever. The practice of solitude mimics Jesus’ rhythm of retreat and return: retreat from people and distractions to be with God, in order to return to community in love and service.” – John Mark Comer

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This week’s OWNit365 New Testament Plus Plan:

March 23– 2 Tim 4, Family Focus –2 Tim 4:1-8

March 24– Prov 11, Family Focus – Prov 11:24-25

March 25- Reflection & Prayer

March 26– Titus 1, Family Focus – Titus 1:5-9

March 27 – Titus 2, Family Focus – Titus 2

March 28– Titus 3, Family Focus –Titus 3:1-11

March 29– Phlm 1, Family Focus –Phlm 1:4-7

March 23

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This month, we are learning about the Israelites who marched around the city of Jericho. God helped them and the walls fell after the 7th time marching around the city on the 7th day. Like God helped them. God helped us too!

Memory Verse: "God will help us." Genesis 21:22b (adapted for toddlers)

Parent Connect: Cracker stack snack! Remind your toddler that Joshua marched around the city of Jericho 7 times on the 7th day and then God knocked it down. Count out 7 crackers with your toddler. Show your toddler how to stack the crackers to make a "wall." Then help your kid knock it down before eating the yummy snack.



In this series we will learn how Jesus is God through amazing miracles and through changed hearts!

Memory Verse: "Give thanks to the LORD for he is good! His faithful love endures forever." Psalm 136:1

Heart of the Lesson: Zacchaeus | Luke 19:1-10

Parent Connect: Today we learned about Zacchaeus, a man who made bad decisions and did not have any friends but changed once he met Jesus. Jesus knew about Zacchaeus and loved him anyway because Jesus loves everyone! Write some thank-you cards to friends that you have letting them know how much you love them and how much Jesus loves them, too!



God tells us in the Bible that in order to hear from him, we need the quiet. This month we are learning 4 ways to help us bring God's quiet into our lives: Slowing Down, Sabbath, Scripture, and Solitude.

Memory Verse: "Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28

Heart of the Lesson: Solitude | 1 Kings 19:1-8

Parent Connect: Take a prayer walk around your neighborhood. Start by praying out loud then pray quietly in your mind. Then take time to listen and see if God has any specific prayer prompts for you that day.

SLOWING DOWN

This month, we're encouraging students to participate in Lent alongside the rest of the church body by slowing down and refocusing on what truly matters. Slowing down means trusting God with our time. Sabbath means taking a break to focus on Him. Scripture is where we find truth, so we need to be reading it regularly. Spending time with God—especially in solitude—helps us listen to His voice. These spiritual disciplines draw us closer to God and deepen our relationship with Him.

Memory Verse: "Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.'" Matthew 11:28-29

Heart of the Lesson: Solitude means being alone with God - Mark 1:35, Mark 6:31, Matthew 14:21-23, John 15:5

Parent Connect: This week in G56 we talked about solitude and being alone with God in solitude. We encourage you to take a prayer walk with your student and practice praying silently and listening for God to speak. You can start by praying loudly over your neighbors or friends from school and then switch to a time of quiet prayer and finally switch to listening for God to speak as you walk.

SLOWING DOWN



Sometimes, it is helpful to slow down to notice details in our day-to-day lives. This is true for our relationship with Jesus too! When we take time to slow down and spend more time with Him, we can understand Him better and see the world the way God sees it! This series, we're looking at different tools we can use when we slow down to spend time with God so we can see the world like He sees it!

Memory Verse: Taste and see that the Lord is good. Blessed is the person who goes to him for safety. (Psalm 34:8 NIRV)

Heart of the Lesson: Solitude (Matthew 14:21-23, Romans 8:37-39, John 15:5)

Parent Connect:

- What is solitude?
- How did Jesus spend time alone?
- What kind of things can believers do when they are alone with God?
- How does being alone with God help me serve others?