

I. Introduction.

- A. Over the next weeks we are going to examine the life of Jesus; our emphasis will be on what he did; we're going to take a close look at his habits, customs and practices.**
- B. Our purpose is not just to inform; our purpose is to transform ...to take what we learn and apply it to our lives ... to change and become more like Jesus.**
- C. The way of Jesus is the best way; it works; if we make his way of life our way of life we will experience life at its best.**

II. Seclusion.

- A. Jesus practiced seclusion (Mark 1:35).**
- B. The word "seclusion" means "an act of setting somebody or something apart from others; a quiet place removed from activity and people."**
- C. Jesus liked to spend his alone time around or on the water and in the mountains (Matt.14:13,24).**
- D. Jesus went into seclusion to pray (Luke 5:16); to clarify his Father's will (Matt. 26:36-39); to rest (Mark 6:30-32); and to recharge spiritually and emotionally (see Matt. 4:23,24 and John 6:14,15).**
- E. Like Jesus, we need to momentarily withdraw from the noise and demands of everyday life and spend quality alone time with our Father in heaven.**
- F. Practical things we can do to practice seclusion.**
 - 1. Give yourself permission to have a time of seclusion and then practice seclusion: disconnect, relax, concentrate (Psalm 46:10), and meditate (Josh. 1:8).**
 - 2. Choose a time and place to practice seclusion.**
 - 3. Choose a verse or passage to meditate on (use a daily devotional book or booklet, along with a Bible).**
 - 4. Ask God to speak to you; to hear God you need to be silent (see Ecc. 3:7).**
 - 5. Have a pen and notebook handy to jot down insights from God.**

III. Conclusion.

- A. Practice seclusion ...spend quality alone time with the Lord ...get intimate and personal with God.**
- B. Practice seclusion daily ...because what happens in seclusion determines what happens in public.**