

Oasis Sunday School
April 12, 2026

Habits of Grace....Week 11.....Prayer

The 3 habits of grace are _____, _____, and _____.

Today's lesson encourages us to practice the two spiritual disciplines of:

1. _____

2. _____

*They are needed to help us take a break from the _____ and _____ of life.

*The noises of our life must be balanced with _____.

*The community and time with others must be balanced with _____.

***Examples from Jesus

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

Luke 4:42 "Now when it was day, He departed and went into a deserted place. And the crowd sought Him and came to Him, and tried to keep Him from leaving them."

Matt. 14:23 "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."

*Two things our modern age doesn't provide for us are _____ and _____.

Donald Whitney quote, "One of the costs of technological advancement is a greater temptation to avoid quietness. We need to realize the addiction we have to noise."

*Our lives are noisy and crowded. We need time _____ in the _____.

*Silence and solitude are spiritual disciplines that we must learn to _____.

*Our time needs to be _____.

*We want to come back better prepared to _____, _____, and _____ in the roles and callings God has us in.

Benefits of Silence and Solitude

1. It give us the opportunity to _____ deep within ourselves.

-What am I _____ as I go through the craziness and busyness of life?

-Is there anything I'm _____ or repressing?

-How am I doing in my various _____?

-Where do I need to _____?

*Time in silent thought and reflections helps us get a good picture of the status of our _____ and _____.

2. It gives us the opportunity to _____.

-Silence helps us be less _____ and more _____ to hear from God with better clarity through His _____.

*Although silence and solitude are not actual means of grace on their own, they are _____ that help us build and develop both the habits of _____ and prayer.

Dangers of Silence and Solitude

They aren't meant to be the _____.

They are similar to _____. It serves a purpose and it is good for a time, but it can't be the regular pattern of our life.

Silence is like a fast from _____ and _____.

Solitude is like a fast from _____.

We want to practice them so we are _____ and faithful witnesses when we are IN the loud, chaotic world of everyday life.

*Silence helps us be better _____ and use our _____ well as we speak _____.

*Solitude helps us be better with _____. Better _____ and better _____.

David Mathis says, "Silence and solitude are not ideal states, but rhythms of life to steady us for a fruitful return to people and noise."

When to Practice Silence and Solitude

1. _____
 - Spend time daily in silence before The Lord.
 - It takes discipline and planning.

2. _____
 - Try to find times to "retreat"
 - Once a year/quarterly /monthly
 - Very flexible
 - Keep the goal in mind!

Ideas and Practices for a Purposeful Retreat of Silence or Solitude

1. Pray for God's _____.
 - Listen to Him
 - "Don't assume the voices in your head are God's; assume they are yours. To hear God, take up the Scriptures, and to the degree that your own thoughts for yourself align with what God has revealed in his word, then take them as a gift from God and take them to heart." David Mathis
2. Read and _____ on the Bible.
 - Normal daily reading or a special focus of the retreat
3. Sit and listen to the _____.
 - Let your soul "thaw."
4. Record what God is _____ you.
 - A good time for journaling!

5. Don't focus too much on how to implement His teachings when you get back _____.
 - Think of the big picture
 - As the retreat winds down, get more specific with implementation plans.

6. Spend lots of time in _____.
 - Keep a God-focus through adoration, confession, thanksgiving, & supplication

7. Plan for a time to _____ a few days after returning.
 - Read your notes or your journal

Spend time this week thinking and planning for times of silence and solitude with a purpose of drawing you closer to God and becoming more fruitful in His work.