



When Your Mind Won't Stop

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Stepping Stones Community Church

1. Solitude vs. isolation

- Isolation is about hiding or escaping
- Solitude is about finding God

2. Wanting a deeper relationship with God

- There is no such thing as intimacy without intentionality
- You can't busy your way to God

²² So what do people get in this life for all their hard work and anxiety? ²³ Their days of labor are filled with pain and grief; even at night their minds cannot rest. It is all meaningless.

Ecclesiastes 2:22-23 NLT

"Be still, and know that I am God..." **Psalm 46:10** NLT

And a voice from heaven said, "You are my dearly loved Son, and you bring me great joy." **Luke 3:22** NLT

3. Developing the habit of solitude

- Follow Jesus' example:
 - Consistently make space and time
 - Remove distractions
 - Seek God in difficult times
- Start where you are

³⁵ Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. ³⁶ Later Simon and the others went out to find him. ³⁷ When they found him, they said, "Everyone is looking for you." **Mark 1:35-37** NLT

Next Steps:

- Commit to develop my habit of solitude with God by: _____
- Commit to talk to God when my mind won't stop
- Resist the temptation to isolate and withdraw into myself; instead, commit to pray and talk to God about it
- Attend the final 2 messages of this series (or watch on our Youtube channel)
- _____