



WEEK FOUR: Solitude and Silence

Mark 1:35

Psalm 62:1-7

Luke 5:16

A. The Explanation of Solitude & Silence

Solitude (google definition)- “the state of being alone, often by choice and in a peaceful or restorative way.”

Silence (google definition)- “the complete absence of sound or noise, or the act of refraining from speaking.”

- Psalm 62:1-7

1. “Wait in Silence”

V.1- *“For God alone my soul waits in silence; from him comes my salvation.”*

V. 5- *“For God alone my soul waits in silence; from him comes my salvation.”*

2. “My Rock, My Salvation, My Fortress”

V.2- *“He alone is my rock and my salvation, my fortress; I shall not be greatly shaken.”*

V.6- *“He only is my rock and my salvation, my fortress; I shall not be shaken.”*

Evaluation Moment:

B. The Evidence of Solitude & Silence

1. Why Solitude & Silence?

Mark 1:35- “And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.”

Lk. 5:16- *“But he would withdraw to desolate places and pray.”*

2. Evidence of need to **Re-focus**

Mt. 14:23- “After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone,”

3. Evidence of need for **Peace**... Mt. 26-36-46

Evaluation Moment:

Notetakers are History Makers:

[illegible]

C. YOUR SPIRITUAL WORKOUT



1. GET STARTED

Take the first step

Challenge: Start with turning your car radio off on your commutes.



2. COMMIT TO IT

Make it a habit

Challenge: Block out 3-4 hours once a month to withdraw from people, places and things. Let your only purpose be to sit alone and in silence, leaving ALL the space for the Lord to speak to you in general or to something specific, whether it be a gentle whisper or a nudge from nature.



3. INCREASE INTENSITY

Go deeper

Challenge: Move from once a month to a weekly/bi-weekly basis. Take notes on how you feel the Lord is meeting you in those moments. These notes will be wonderful reminders of how faithful the Lord is.

Bottom Line:

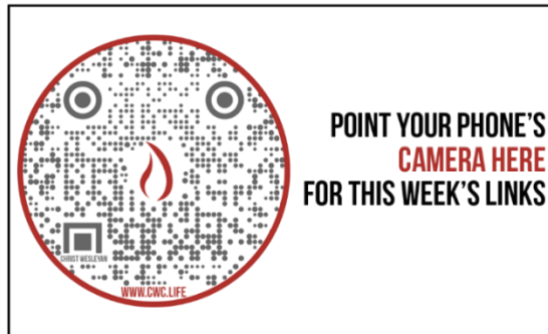
Solitude and Silence draws us back to the heart of the Father and positions us to know when He speaks.

To begin a relationship with Jesus...
Text: “Jesus” to 570-273-0088

Next Sunday:
Spiritually Fit – Biblical Disciplines that Get Results

Week 5: Service
Mark 10:45, 1 Peter 4:8-11

Milton Campus: Pastor Branden Mestach
Sunbury Campus: Pastor Billy Robel



Giving & Attendance Update

Giving last Sunday: 69.5%
Giving year to date: 89.5% of goal
Attendance Last Weekend: 1,833
Salvations to date: 49 | Baptisms to date: 55

Upcoming Happenings:

September 13 – November 22 - Marriage Matters:
Intentionally Growing Healthy Relationships
(During First Service)

Sunday, 10/4 - After 2nd service. Next Welcome Party!

Wednesday, 10/7- Worship Onboarding Night, Milton Auditorium

Friday, 10/9 - 6:00pm Classics Mark Cable Concert, Youth Center

Sunday, 10/11 - 10:45am Baptism Class – Youth Center

Saturday, 10/17 - 9:00am Soul Sisters DIY Painting, Youth Center

Friday, 10/23 – 6:00p Trunk or Treat!

“Reach the One” Campaign Update

488 Total Participants
\$4,000,000 – Giving Goal by Nov. 2027
\$2,669,236.86 - Donations Anticipated by Nov. 2027
\$2,343,591.26 - Received Donations – 59% of \$4M Goal

Want to pledge, donate, or learn more?

Scan:



Looking for your next step at CWC?

Welcome Party: 1st Sunday of Every Month

- *If you are new* or if you’ve been around a bit and are looking to build friendships with others, our Welcome Party is for you! **Get to know others** who are newer at CWC as well as our welcome team and our pastors in a relational environment. There will be light refreshments and the opportunity to hear about our small groups, baptism, and your next step of Growth Track. If you’re asking the question, “*How can I make friends here?*” then this is for you! No registration is required, you can just show up. Look for the signs on the first Sunday of the month.

Growth Track: 3-week classes/Sunday morning in-person and Wednesday evening online

- Growth Track exists to help you learn about the vision of CWC, the gifts God has given you, and how you can use them in specific opportunities to serve His church. The classes will guide you to not only become a vital part of our ministries, but more importantly, how to use what you learn to continue growing in your faith to share with others. We are excited to now have online-facilitated evening classes in addition to the existing in-person Sunday class opportunities. You can see what classes are available by going to cwclife.churchcenter.com/registrations and select the Next Steps filter.

Membership Class: Once a quarter on Sundays after 2nd service

- Membership class is the last step of fully assimilating at CWC. Learn about our denomination, The Wesleyan Church and the bigger movement we are a part of across the world. This 3-hour class with the lead pastor provides you a place to **ask important questions about our beliefs as a church** and allows you to become eligible for our local board of administration. You also become eligible for denominational events like our district and general conferences. To sign up for our next class, let us know at the Hub or email: loretta.paulhamus@cwclife