



Soul-Care IS Self-Care: **Soul Reflection** *Tom Deviney*




Mark 1:35

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.



Mark 6:12–13

So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

 **Mark 6:30–34**

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, “Come away to a deserted place all by yourselves and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.



Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.



Mark 6:45–46

Immediately he made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. After saying farewell to them, he went up on the mountain to pray.



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Psalm 46:10

“Be still, and know that I am God! I am exalted among the nations, I am exalted in the earth.”



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Solitude is a place for:

Desire of God

The soul to come out

Unplugging and listening

Resting in God



**We don't take time for solitude
and silence because:**

**We are too busy engaging our gifts
in ministry**

We believe it all depends upon us

We have forgotten that we are not God



Kings 19:3–5a

Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree.



He asked that he might die: “It is enough; now, O Lord, take away my life, for I am no better than my ancestors.” Then he lay down under the broom tree and fell asleep.






Kings 19:5b-8

Suddenly an angel touched him and said to him, “Get up and eat.” He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, “Get up and eat, otherwise the journey will be too much for you.” He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.



**Kings 19:9–12**

At that place he came to a cave, and spent the night there. Then the word of the Lord came to him, saying, “What are you doing here, Elijah?” He answered, “I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.”




He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.



1 Kings 19:13–15a

When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, “What are you doing here, Elijah?”



e answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus.



Practice:

Find a quiet, comfortable and safe space

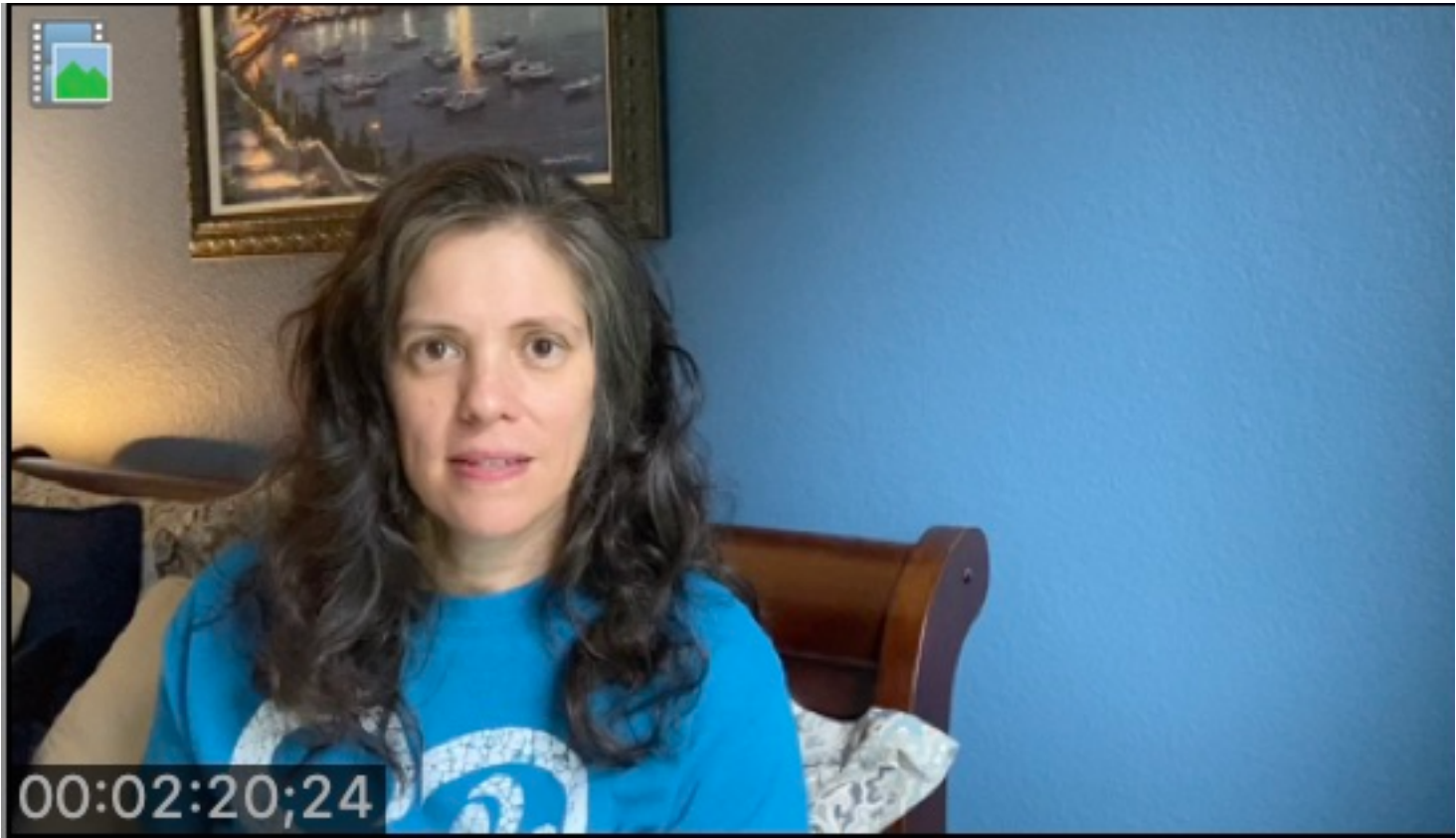
**Take a comfortable position and focus on
breathing deeply and steadily**

Don't try to do or think anything

**Be aware of any thoughts or feelings that
arise**

**Lift those thoughts or feelings up into God's
presence**

Listen





“The only time when I am not lonely and my longing for union is satisfied is when I am in solitude.”

Ruth Haley Barton



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