

# **“TRAIN YOURSELF FOR GODLINESS” PRACTICING THE SPIRITUAL DISCIPLINES**

## **Session Four - The Secret Life and Solitude**

Introductory Comments –

### **1. A Biblical Case for Solitude**

### **2. Suggestions for the Practice of Solitude (with a view to feeding on God’s Word)**

#### **A. A Reminder Regarding the Role of Scripture**

## B. A Word About Our Responsibility

## C. A Suggested Format

1.

2.

3.

4.

## D. Some Specific Recommendations

1.

2.

3.

4.

5.