

## **Solitude**

### **Ready:**

Very early in the morning, while it was still dark, He got up, went out, and made His way to a deserted place. And He was praying there. Simon and his companions went searching for Him. They found Him and said, “Everyone’s looking for You!” — Mark 1:35–37

### **Set**

What do we do to quiet our minds and keep perspective about life? Where do we go to relax, reflect, and meditate? How do we stay true to who we are when everybody is praising our teams and us? The Scripture above explains how Jesus accomplished this.

Jesus had a unique quality in His life that most of us miss. He valued solitude over popularity. In quiet reflection, free from the flattering crowds, He maintained clarity of thought about who He was, His values, and His life goals. He knew that it is easy to pander to a crowd of flattering people. He was more concerned with pleasing His Father in heaven.

We can each carry a similar commitment related to our team. Let’s be more committed and responsive to our players and coaching staff than we are to the fickle opinions of fans and sportswriters. Let’s remember to value those who know us privately and their commitments to us. Let’s value them more than those who only know us from what they see on game day and in public. Let’s lead wisely and powerfully today and honor those who are most committed to us.

### **Go**

1. What do you do to quiet your mind and keep perspective about your life?
2. Where do you go to relax, reflect, and meditate?
3. How do you stay true to who you are when everybody is praising you?

### **Workout**

Psalms 41; Matthew 21:12–22; Acts 28:17–31

### **Overtime**

Father, please help me keep things in perspective when everyone is praising my team and me. Please draw me to moments of quiet reflection and solitude. Help me value those who are committed to You and to Your team. Amen.

### **Bible Reference:**

Acts 28



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