

## Solitude

Early on in Superman comic books, Superman is noted to frequently visit a place called the "Fortress of Solitude". Also called the Secret Citadel, this place was a personal hideaway for Superman...a haven of refuge. In case you're interested, the Fortress was initially located in outer space, then in the center of the earth, until finally it was established on the side of a cliff in the Arctic, but back to the point... It was in the Fortress that Superman rested from all his adventures in saving the world. There, he contemplated new ways to defeat the enemy, he found encouragement for future battles by remembering victories in the past, and battled his chess-playing robot in order to develop his skills of focus, strength, wisdom and endurance. It is well noted that Superman even went to the Fortress of Solitude to reconnect with his father!

When do you get away? When do you unplug? I'm not against all the great stuff we have going on these days. I love living in the age of technology and communication. It's great to be active and productive, and yes, even busy. But can't you feel the world and your schedule and the expectations of others pressing in on you? Just try to stop and be quiet for a moment... can't you feel the noise rush in like a stampede of horses?

Not only did the Man of Steel need to get away from time to time, but the Scriptures also offer us a pattern of unplugging from the matrix of our lives.

### Here are some examples for your reflection and for your sanity...

- The Sabbath was given to man for his rest. God knew we'd need to refuel and refocus. - Exodus 20.8-11
- In the midst of battle, the Lord went ahead of the people to find them a place to find rest. - Numbers 10.33-34
- Rest and peace are found in God alone (not in the world, not in your efforts and successes, and not in your schedule) - Psalm 62.1-2
- Learning to dwell with God brings rest and refuge. - Psalm 91.1-2
- Living with a restless mind is meaningless. - Ecclesiastes 2.23
- Jesus offers rest as a way of life to those who are burdened and weary. - Matthew 11.28-30
- The Psalmist lays his requests to God as a regular pattern of his life. - Psalm 5.3
- Even Jesus spent time alone, in a solitary place, to connect with the Father. - Mark 1.35

In repentance and rest is your salvation,  
in quietness and trust is your strength  
- Isaiah 30.15

### Questions...

- The bible seems to describe solitude as being both times set aside as well as a way of life. What's the difference? (or, how can solitude be seen and experienced as a way of life?)
- What keeps you from times of solitude? Are you hiding something that you know you need to deal with? Are you addicted to something that you just can't let go of?
- How would your life be different if you had more meaningful times of solitude?
- Go ahead, take a few extra minutes today. Don't eat, don't drink, don't listen to music. Refuse to fill that space up and just be quiet before God.
- How will you incorporate solitude into your life?

*Thanks over and over to Jesus, who has provided the way for our souls to find rest, now and forever.  
May we have the courage to move into times of solitude,  
more now than ever before.*