

solitude
power .

THERE IS POWER IN SOLITUDE

This holiday season is full of hustling and busting. It is also a time when it dawns on us that we have many unfinished projects. We suddenly realize that we are yet to complete many of the goals we set for ourselves when the year started. Feelings get mixed up and we begin to wonder if we ended up the year a failure or success. This calls for some time of solitude – for effective reflection and meditation. Whether we evaluate ourselves to have failed or succeeded is really not the issue. What should matter is what we do with the failure or success. And this is where the place of solitude comes in. Solitude in this context is not a bad thing. It is not the type known as solitary confinement or incarceration which is usually accompanied with torture, agony and pain. In short solitude in this context is quality time of reflection and meditation. Finding a place of solitude and quietness is most crucial at this holiday and festive season. To enter into the New Year illuminated and refreshed, we need to take some time out to reflect on the various information that we have been exposed to over the months. The inner reflection that takes place in the place of solitude is what helps clarify our perspectives and give new, deeper meaning to things we have heard and seen. Effectively reflecting and meditating in the place of solitude allows us to build content knowledge and expertise. There is power in solitude; the quiet and still soul allows for the organic growth of empirical truth. Maximizing the power of solitude allows for the truth (in God's word) and wisdom (of good people around us and good books we read) to grow organically in us. Maximizing the power of solitude requires meditation. In the place of solitude, we put an experience or encounter of life into the slow cooker of or heart and allow grace to breathe on it. Positive solitude activates illumination and the ultimate end result is GROWTH.

Psalm 46:10 says, "Be still, and know that I am God." We know of Jesus that He "often withdrew to lonely places and prayed" (Luke 5:16), spending time alone with His Father. We see Him seeking out solitude after performing miracles (Mark 1:35), in times of grief (Matthew 14:13), before choosing the twelve apostles (Luke 6:12–13), in His distress in Gethsemane (Luke 22:39–44), and at other times. Solitude was a consistent practice in Jesus' life. This is the bottom line, after every action, a solitude moment is required. The outcome of solitude quiet reflection is even more effective action. Leaders will find solitude an even more powerful instrument in their decision-making toolbox.

Reflection points for this week

Does it feel like there is too much going on in my life and it's getting even harder to pause? Chances are that this is the right time to have a solitude hour: 1. Do I have a place to think and reflect? Do I have to create a space and time for my solitude hour? 2. Ask yourself deep questions about your last action. What was the result? What it successful or did it result in failure? [either doesn't matter. The purpose of this is just to filter through and gain deeper insight] 3. What are the major lessons I learned from my last encounter? In what practical way do I want to use these feedbacks? 4. What steps do I need to take to correct the failures and amplify/consolidate the successful points? 5. When would I come back to repeat this days/hours/minutes of reflection? [set a date and time and keep towards this].