



## Alone Time With the Heavenly Father

Mark 1:32-39

**“And in the morning, rising up a great while before day, He went out, and departed into a solitary place, and there prayed”** (Mark 1:35). This prayer time took place very early in the morning. It commenced before the sun rose when it was still dark. The Lord arose from sleep

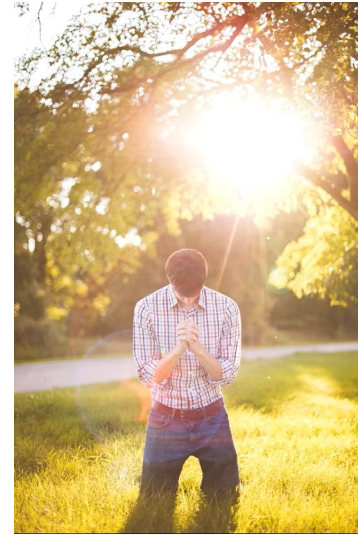
not just a little before sunrise but “a great while before day.” The Lord Jesus put His spiritual needs above His physical needs. Spending time alone with God was more important than getting some extra sleep. Spending time alone with the Lord requires self-discipline and even sacrifice. Jesus’ outer man was renewed by a few hours of sleep; His inner man needed to be renewed as well.

The Lord awoke and found a suitable place for prayer. His destination was a solitary place. The Lord found a location where He could be alone, in solitary confinement with His Heavenly Father. Contrast this with the previous day when He was with crowds of people (vs. 32-33). The word “solitary” means: “isolated, secluded, uninhabited.” In such a place no one would be around to interrupt Him and there would be little or no distractions. Believers sometimes speak of needing to have alone-time with the Lord.

The Lord Jesus seemed to favor two places especially for His alone-time: 1) “He withdrew Himself **into the wilderness** and prayed” (Luke 5:16). He found an uninhabited place. 2) “He went up **into a mountain** apart to pray...and He was there alone” (Matt. 14:23). He found a private place in a mountain. Someone said that we need ***to come apart lest we come apart***. Have you found a suitable solitary place where you can pour out your heart to God?

If our Lord, the perfect, sinless Son of God, needed quiet and solitary communion with God, how much more do we!

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