

Draw Near

*Pray First*

Draw Near

*12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.*

**Pray first spend time alone with God**

## Draw Near

*"We can cultivate an inner solitude and silence that sets us free from loneliness and fear. Loneliness is inner emptiness. Solitude is inner fulfillment...if we possess inward solitude we do not fear being alone, for we know that we are not alone...In the midst of noise and confusion we are settled into a deep inner silence. Whether alone or among people, we always carry with us a portable sanctuary of the heart."*

# Practical Solitude

Use times when you are alone to pray and talk to God

- **Car**

# Practical Solitude

Use times when you are alone to pray and talk to God

- Car
- Shower

# Practical Solitude

Use times when you are alone to pray and talk to God

- Car
- Shower
- Laundry

## Draw Near

*12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: 14 Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, 15 Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, 16 Judas son of James, and Judas Iscariot, who became a traitor.*

## Size of Major Religious Groups, 2010

Religion	Percent
Christianity	33%
Islam	24.1%
Unaffiliated	16%
Hinduism	16%
Buddhism	7%
Folk Religion	5.9%
Other	0.8%

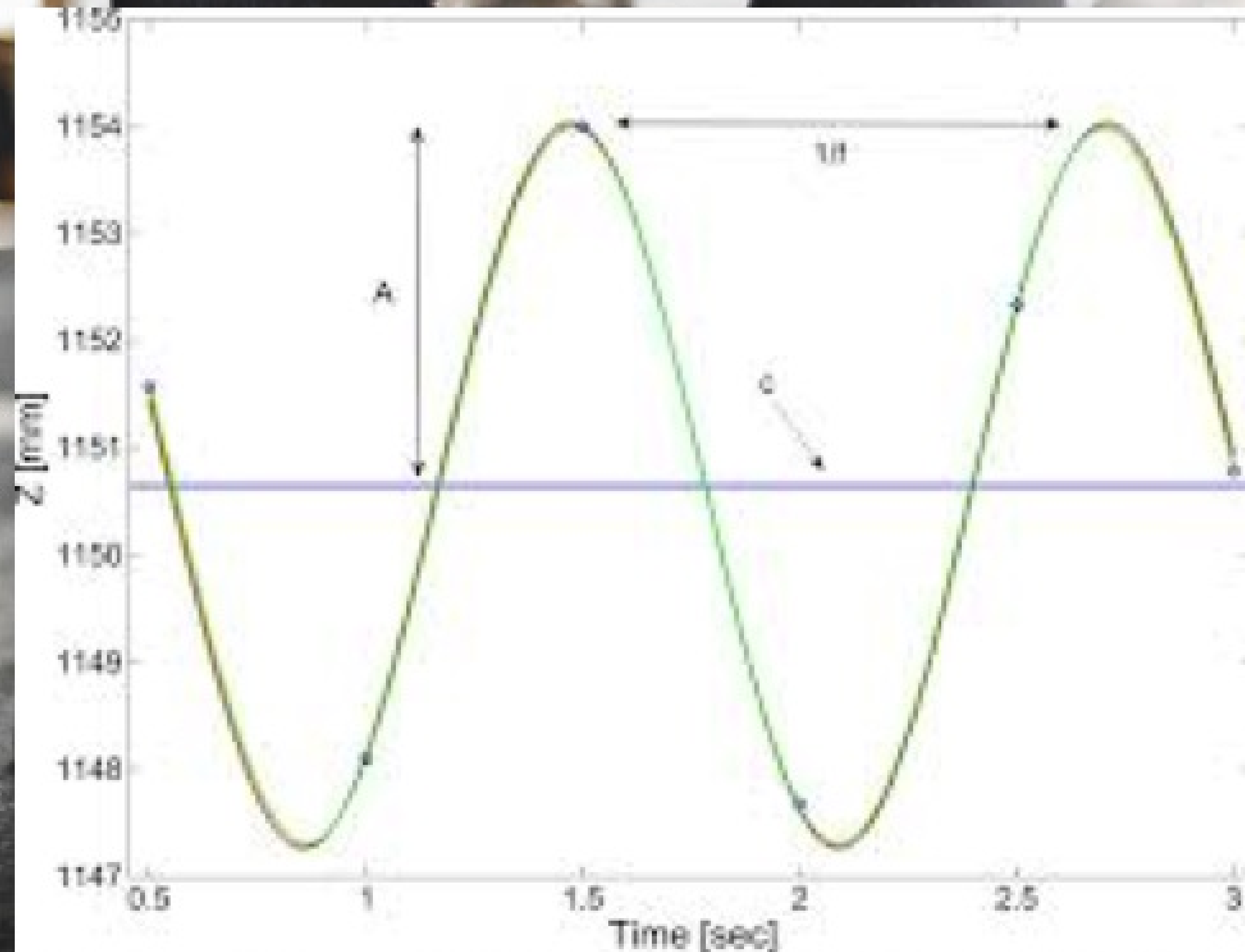
Pew Research Center, 2012<sup>[1]</sup>



# Draw Near

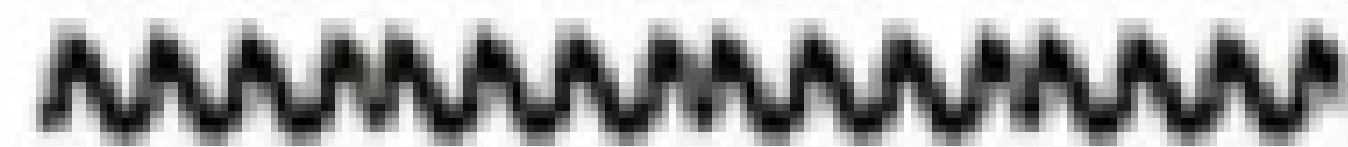
*13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: 14 **Simon** (whom he named Peter), his brother **Andrew, James, John, Philip, Bartholomew,** 15 **Matthew, Thomas, James** son of Alphaeus, **Simon** who was called the Zealot, 16 **Judas** son of James, and **Judas Iscariot**, who became a traitor.*

Draw Near



# EEG Brain Waves

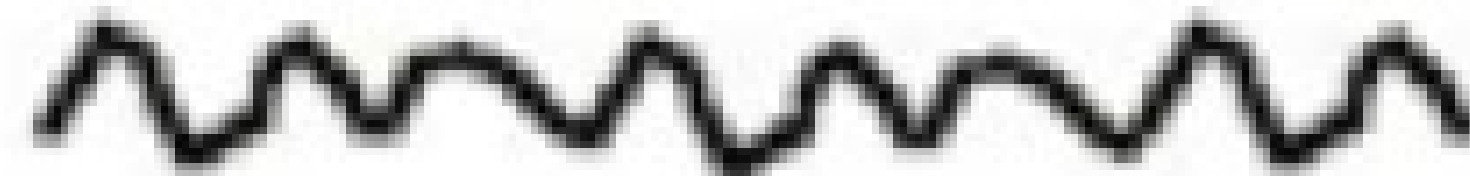
ALPHA



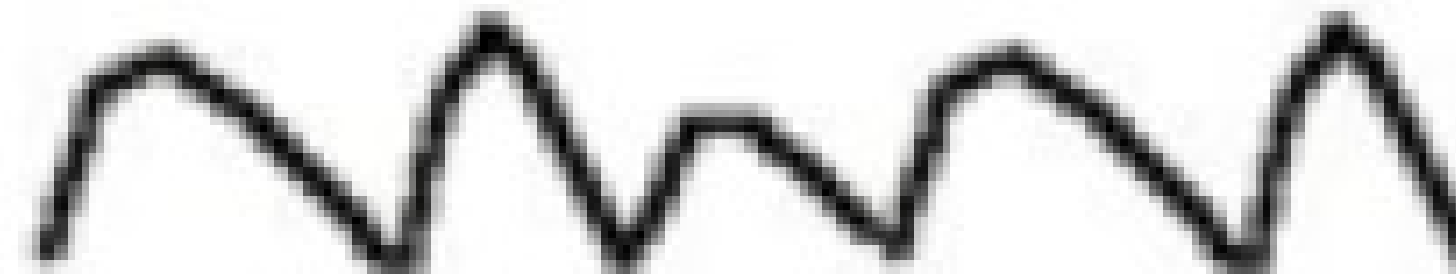
BETA



THETA



DELTA

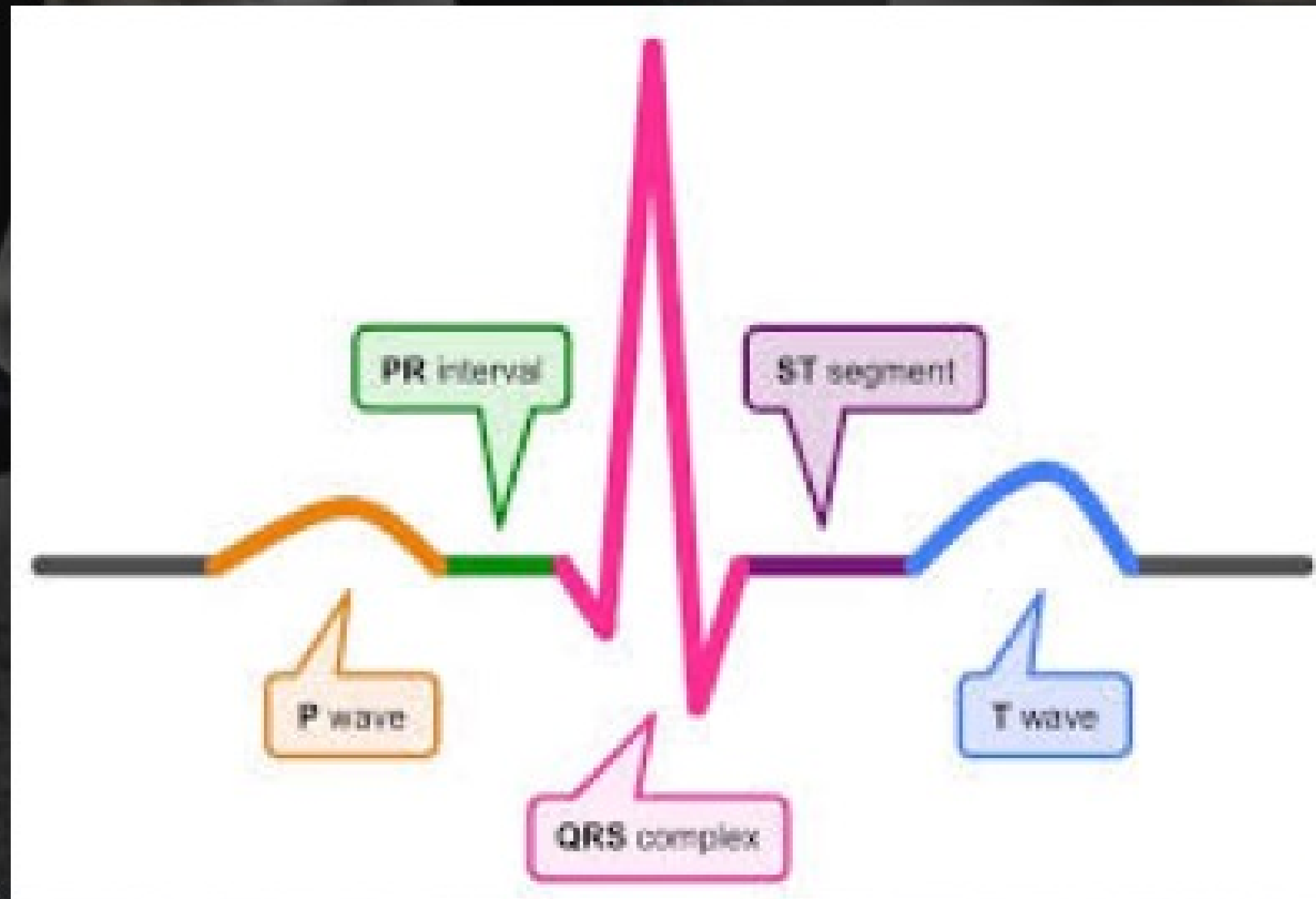


1 sec

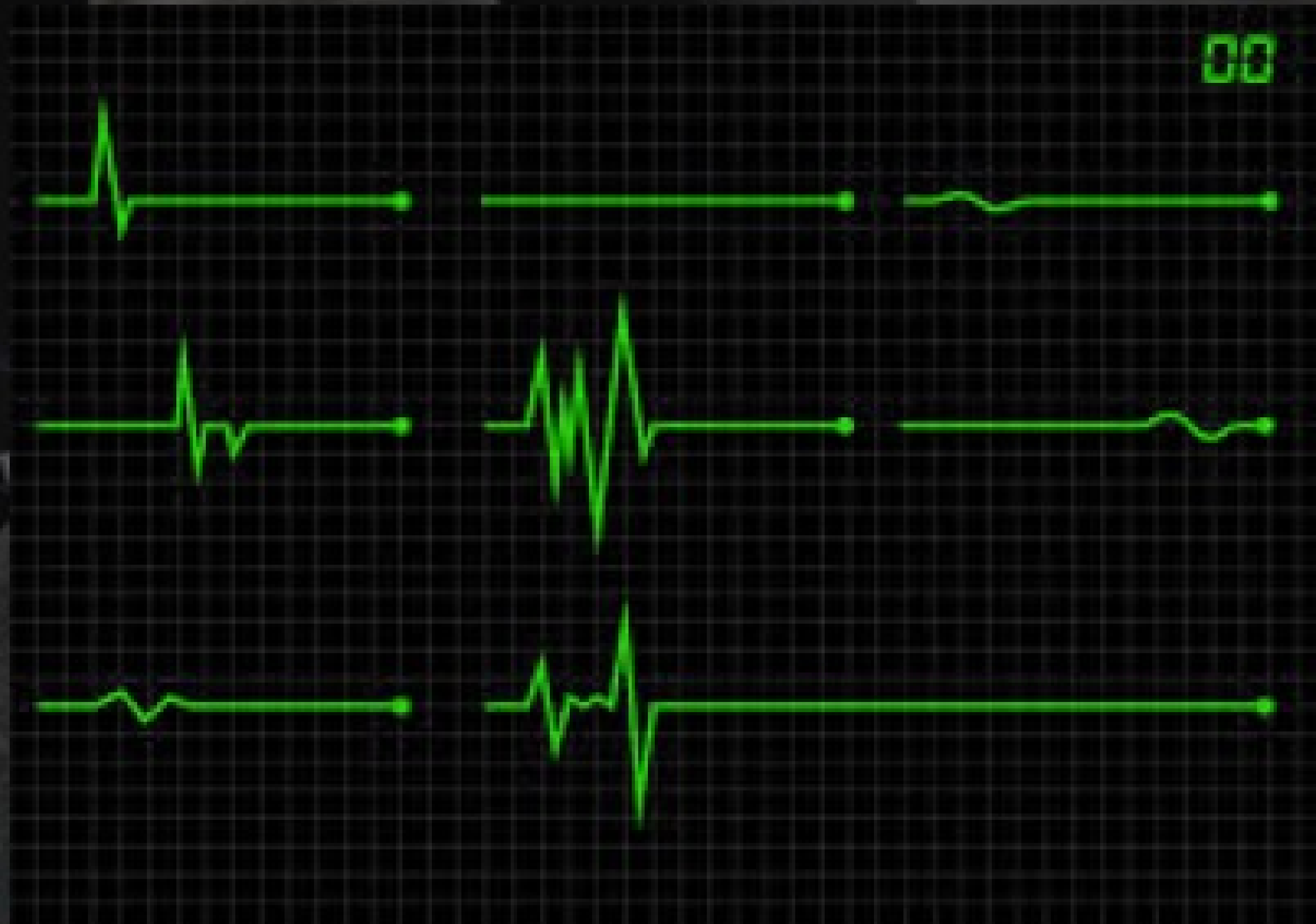


© 1978 Warner Bros. Entertainment, Inc. All Rights Reserved.  
Warner Bros. Entertainment, Inc. presents  
A Warner Bros. Production  
"SUPERMAN: THE MOVIE"  
Starring Christopher Reeve  
Directed by Richard Donner  
Warner Bros. Entertainment, Inc. A Time Warner Company

# EKG Heart Waves



# Flat Line



Draw Near

***"Jesus often withdrew to  
lonely places and prayed."  
Luke 5:16***

Draw Near

**Pray first spend time alone  
with God if you want to  
change your world.**



Draw Near

*Pray First*

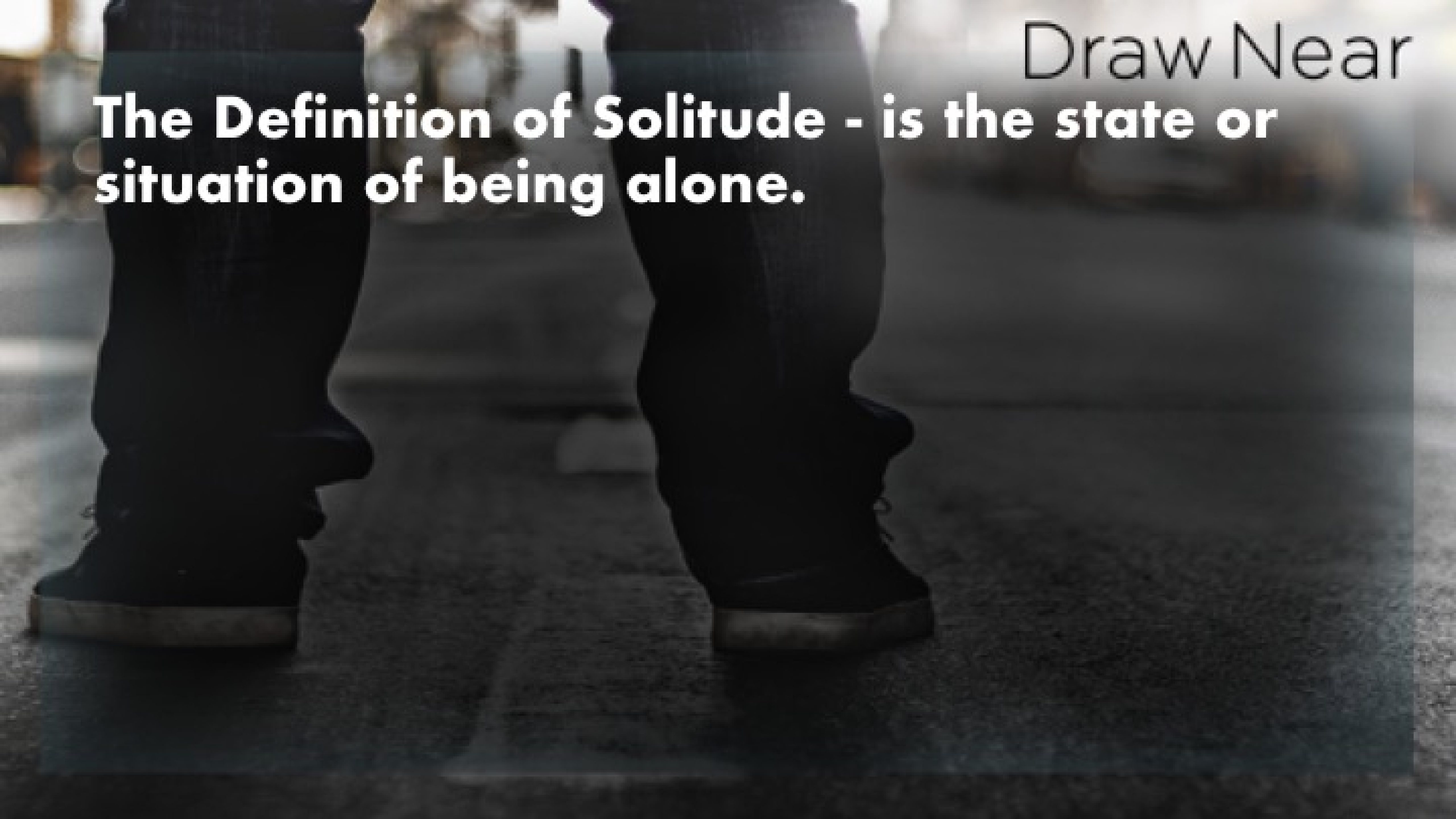
Draw Near

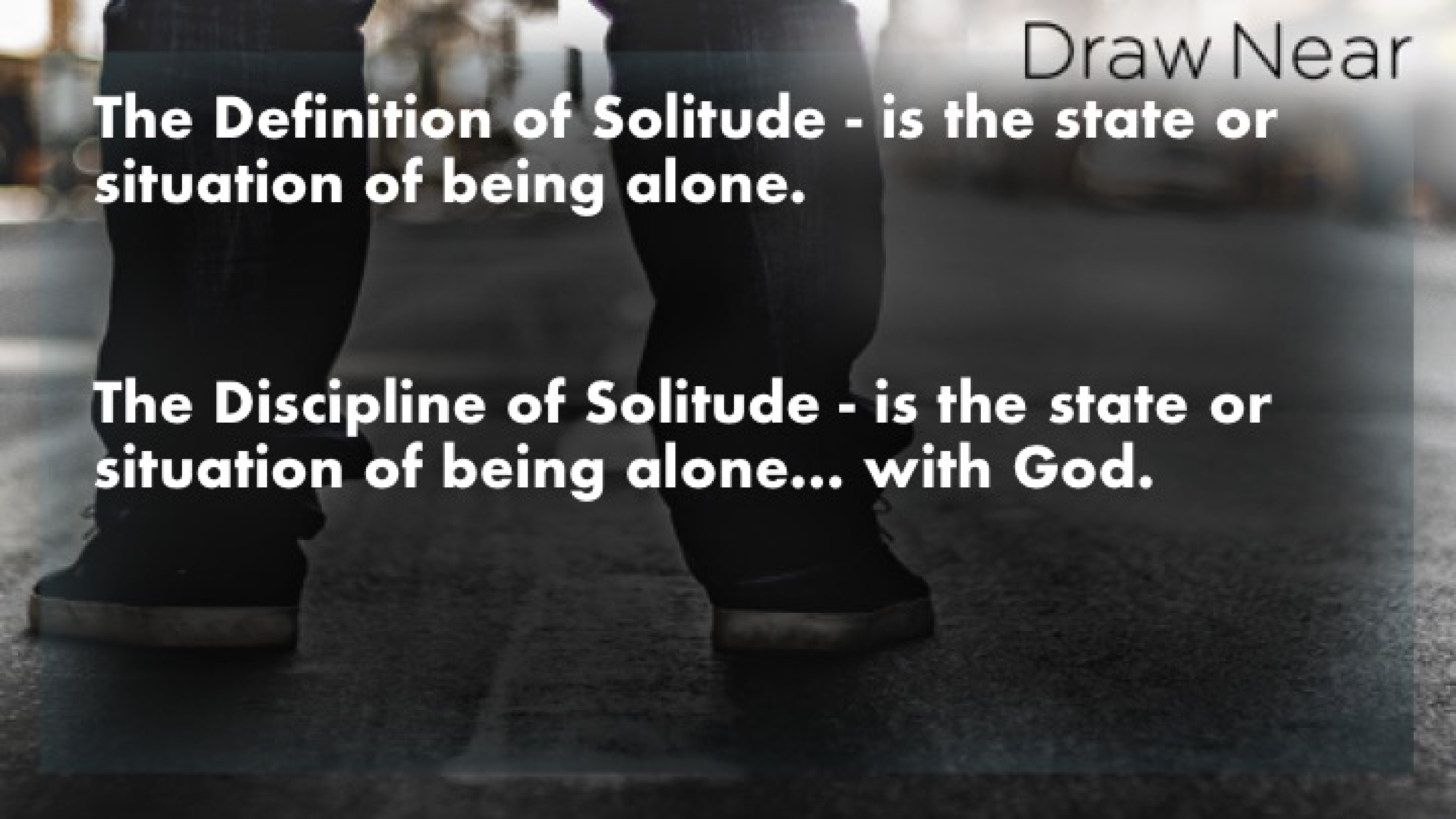
*Pray First*



**The Definition of Solitude - is the state or situation of being alone.**

Draw Near






Draw Near

**The Definition of Solitude - is the state or situation of being alone.**

**The Discipline of Solitude - is the state or situation of being alone... with God.**

A low-angle, close-up shot of a person's legs and feet as they walk on a paved sidewalk. The person is wearing black pants and black sneakers with white soles. The background is blurred, showing other people and a street scene. The lighting is natural, suggesting an outdoor setting.

Draw Near

**Pray first spend time alone with God if  
you want to change your world.**

## Draw Near

*12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles: 14 Simon (whom he named Peter), his brother Andrew, James, John, Philip, Bartholomew, 15 Matthew, Thomas, James son of Alphaeus, Simon who was called the Zealot, 16 Judas son of James, and Judas Iscariot, who became a traitor.*



# Draw Near

***12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.***