# The Discipline of Solitude

When I first read this, I immediately rejoiced, I said to myself “Solitude, YES, I love solitude!”. After saying this, I started reading the chapter and was disappointed very fast, within the first couple paragraphs Foster says that he is not talking about solitude as getting away from people, but solitude in getting away **to** God.

This was a practice of solitude I rarely practice. Whenever I am in solitude, it is almost always as an act of getting away from people. The reason I do this has many different personal reasons and include some fears of mine causing me to constantly and consistently run off to a quiet place.

Whenever I do devotionals and study I usually stay in my room, at my desk, the problem with this is the amount of distractions located around. Some of my best conversations with God and most productive, influential, and life changing devotionals have been in a new place, someplace still, maybe a water fountain or water fall, some birds or crickets. Some place that radiates calm, I can name multiple places at the camp I work at where I would almost daily go, and just rest in that presence.

Usually for those moments they’re wasn’t a radical, life changing, eternity altering devo I was following, often it was me, a Bible, and the Holy spirit. Sometimes the Holy Spirit would lead me to follow a certain passage, or just have me sit and have a conversation with God. The most memorable conversation I had, wasn’t at a scenic beautiful area, it was 11 at night, I was by myself dumping 50-pound bags of trash into a dumpster.

I wish the discipline of solitude was something I practiced more, rather than whenever I need a drastic change from God. And I hope that this semester I will learn the importance and the amazing opportunity’s that follow being alone with God.

Thanks!  
Koleman Parsley