



MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE WEEK 7 – SOLITUDE

WHY DO I NEED TO PRACTICE SOLITUDE?

- Solitude was _____ by _____

³⁵Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.

– Mark 1:35 NIV

¹⁶But Jesus often withdrew to lonely places and prayed.

– Luke 5:16 NIV

- Solitude provides _____ to _____ our heavenly Father

¹⁰He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

– Psalm 46:10 NIV

⁵And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

– Matthew 6:5-6 NIV

- Solitude serves to _____ our _____ in the midst of _____

¹³When Jesus heard what had happened, He withdrew by boat privately to a solitary place.

²²Immediately Jesus made the disciples get into the boat and go on ahead of Him to the other side, while He dismissed the crowd. ²³After He had dismissed them, He went up on a mountainside by Himself to pray. Later that night, He was there alone,

– Matthew 14:13a, 22-23 NIV

- Solitude can help _____ us for significant _____ and _____

¹²At once the Spirit sent Him out into the wilderness, ¹³and He was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended Him.

– Mark 1:12-13 NIV

¹²One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. ¹³When morning came, He called his disciples to Him and chose twelve of them, whom He also designated apostles:

– Luke 6:12-13 NIV

- Solitude _____ being _____

³¹Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with Me by yourselves to a quiet place and get some rest.”

³²So they went away by themselves in a boat to a solitary place.

– Mark 6:31-32 NIV

APPLICATION POINTS: WHAT SHOULD I DO NOW?

- Schedule a consistent _____ to _____
- Find or create a space that allows you to _____
- Don't _____ too _____
- Bring a _____ and choose a verse or passage of Scripture that you can _____
- Create a _____
- Focus your time on _____ through prayer, Scripture, and silence

DIGGING DEEPER

1. Why is solitude hard for modern people to practice?
2. Why do you think Jesus regularly practiced solitude?
3. What are some of the benefits of solitude?
4. What are some of the challenges to solitude?
5. What are times in life when solitude can be especially helpful?
6. How can you practice solitude with others?
7. Which of the application points will be easiest for you to do?
8. Which of the application points will be most difficult for you to do?
9. How can you begin to incorporate the spiritual discipline of solitude into your life?