



Countercultural Practices

Week 5: Solitude and Sabbath | Teacher: Hunter Emmert and Haley Terry
Sermon Questions for 7.27.2025

Opener

When you're alone, do you prefer silence or do you turn on music or the TV for background noise?

Read

Luke 5:15-16; Mark 1:35; Matthew 11:28-30; Luke 6:6-11;

Main Points

1. For Jesus, disappearing into the lonely places, into the wilderness was not about isolation, but reconnection.
2. In the busyness of life, often the first spiritual discipline to go is silence and solitude.
3. Engaging in silence and solitude is not a retreat from life, it's God's reset for a soul that is overwhelmed by busyness. So, it's not about isolation, but about reconnection with God.
4. Silence and solitude with God, at its very core, is a rejection of productivity and acceptance of grace.
5. The way of Jesus is life, abundant life. We all crave this abundant life that is overflowing with love, joy, and peace. And yet we are tired. We need rest.
6. Four qualities of a Sabbath day: (a) stop, (b) rest, (c) delight, (d) worship.
7. Our hearts find rest in one place and his name is Jesus.
8. Sabbath is a practice that is so disruptive to the culture around us, that it will be noticeable to others and what an opportunity to share about Jesus in the way our life is marked by his!

Engage with God in a Group

- How have you experienced solitude or sabbath in your life already?
- When might you be able to incorporate these practices into your daily life?
- What reservations might you have in your mind when you think about incorporating these practices into your life?
- How could you carve out parts of your day to be intentionally silent, in solitude with Jesus?
- What would it feel like to make space to allow God to show you what it is like to be exactly who you already are in him and prioritize a Sabbath?

Bottom Line

Solitude: Silence and solitude are the antidote to the chaos of busyness.

Sabbath: Sabbath is about God and how God forms us.