

8/31/2025 – MAGNETIC FAITH SOLITUDE & COMMUNITY (MARK 6:30-56)

Icebreakers:

- Would you rather be stranded on an island or in the desert?
- Are you an extrovert or an introvert?

Spiritual Rhythms are ongoing practices where we participate in the work that God is doing in us to accomplish God's purpose.

Read: Philippians 2:12-13

- Do you tend to think of your faith more as something you do or something God does in you?
- How familiar are you with the idea of spiritual disciplines or spiritual rhythms?
- What are some spiritual rhythms you have heard of? What are some you practice regularly?

**Solitude is the practice of seeking isolation, replacing distraction with focus on God.
Community is the practice of seeking connection, to help each other focus on God.**

Read: Mark 6:30-44

- How is Jesus practicing solitude?
- How is Jesus practicing community?

Read: Mark 6:45-56

- How is Jesus practicing solitude?
- How is Jesus practicing community?

Additional Questions:

- When have you practiced solitude? How has it benefitted you?
- When have you practiced community? How has it benefitted you?
- Of these two rhythms, which comes more naturally to you?
- How might you adjust your spiritual rhythms to include solitude or community?