

# COMMUNITY GROUP GUIDE

SOLITUDE - THE SECRET PLACE - 5/19/2024

## COMMUNION

- At some point during your gathering, take communion together.
- Share a Scripture about being in God's love or use John 14:25–28
- spend a moment in silence to experience the presence of Christ

## REVIEW

- The practice of Solitude and Silence is intentionally carving out time away from other people and all distractions to be alone with God.
- “the one whom God loves is not necessarily the powerful king, but the one who faithfully strolls with Him.”
- Jesus launched His ministry with 40 days of solitude and then afterwards regularly carved out time alone with His Father.
- Jesus emphasized secrecy in our devotion to God – there is something about our relationship with God that must be rooted in solitude
- Engagement vs Abstinence practices (Do and Don't muscles)
- Solitude is the place of Discovery (love, joy peace)

## DISCUSSION

1. Is solitude a practice in your life right now?
2. How are you hoping to grow in solitude over the next few weeks?

Read: Matthew 6:1–5 and Psalm 91

3. What stood out to you from this week's teachings?
4. What plan are you going to put in place to practice solitude over the next few weeks?
5. Can you share your experience with solitude? Where did you experience resistance? Where did you experience God?

## ADDITIONAL RESOURCES

Book: *An Invitation to Solitude and Silence* by Ruth Haley Barton

QUESTIONS? [Submit a question here](#) or email weston@rolcf.net