

COMMUNITY GROUP GUIDE

SOLITUDE - FACING OURSELVES - 6/02/2024

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 about being alone with God – just you, your thoughts and God.
- There are many ways God makes Himself known to us (creation, Scriptures, community). Having an accurate knowledge of God must also include encountering His presence within our innermost being.
- Push-Pull Phenomenon. The inner push towards being alone with God, but also many forces from within and without pulling you away from time alone with God
- Pattern of solitude/silence seen in Elijah's experience (Resting, Waiting, Feeling, Naming, Hearing, Transforming, Re-entering)

DISCUSSION

1. How did your practice of solitude go this week?
2. Was your experience in any way different from last week?

Read: 1 Kings 19:4–19

3. What stood out to you from this week's teachings?
4. Do you sense the inner push to be with God? What are the forces (within and without) that pull you away?
5. Have you had the experience of being flooded with thoughts/emotions when you get alone and silent? What happened?

ADDITIONAL RESOURCES

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

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