



## WORSHIP

### SILENCE AND SOLITUDE

**Objective for Learning:** To understand the spiritual health and connectedness that silence and solitude brings when we pursue the Lord in this way.

**Objective for Living:** To establish silence and solitude as a consistent practice that you make as a part of your walk with Christ.

**Objective for Reproducing:** To have the experience and confidence to explain the importance and demonstrate the practice of silence and solitude.

#### Scriptures for Silence and Solitude:

- Matthew 11:28-30
- Lamentations 3:24-26
- Isaiah 30:15
- Psalm 131:2
- Psalm 62:5-6
- Mark 1:35, 6:31
- Luke 4:42, 5:16, 9:18
- Psalm 4:4
- 1 Kings 19:9-12
- Psalm 62:1, 5

How do each of these Scriptures help to **define** and **illuminate** what accountability is and why it is important?

#### Hearing (Discussion Points and Questions):

##### Overview:

Silence and solitude is intentional time away from other people and the incessant distractions of technology and this world to be intimate with God. It is not simply removing oneself from others; it is a purposeful turning to God to be open and vulnerable before Him. During this quiet and undistracted time, there is not a focus on doing but simply being with Jesus. Silence and solitude are practices that allow for our souls to truly rest in prayer, listening, worship, and quiet contemplation when the lies of busyness continue to attempt to take over our being. It recalibrates our souls and

spirits to what matters, which is a life immersed and focused on our relationship with Christ. These disciplines put us in a place where God can speak and we can truly listen.

### **Questions for Learning and Living:**

- How would you describe silence and solitude, what it looks like, and its importance for followers of Jesus?
- What are the spiritual benefits of practicing silence and solitude?
- How can you incorporate silence and solitude into your day, week, or month?
- What is keeping you from practicing this spiritual discipline? How can you make shifts to begin the practice?
- Why is finding undistracted and technology free time good for your soul?

### **Questions for Reproducing:**

- What are some ways that someone could practice silence and solitude?
- What are some examples of how silence and solitude have benefitted your walk with Christ and was refreshing for your soul?
- How would you explain how to do silence and solitude to someone who has never done it before?
- How can you lead others to practice silence and solitude?

### **Doing (Implementation and Application):**

- What is Jesus saying to you about this?
- How are you going to respond? Look at your personal discipleship assessment.
  - Give 1-3 concrete action steps that you are going to do this week to help you take the next step of learning, living, or reproducing in this area.
- Commit to taking an allotted amount of time this week to practice silence and solitude. Have someone hold you accountable and share how it went.
- Choose one of the Scriptures that really impacted you and commit to memorizing it this week.