

Silence and Solitude

God Speed Series

Discussion Questions

- **Do you think your phone creates more or less distraction for you than for the average American? Why?**
 - The Average American checks his or her phone 344 times a day.
 - Brainstorm some consequences of distraction.
 - What consequences does living a distracted life cause in your spiritual life? (Distraction thins your soul and your relationships)
 - What spiritual discipline addresses distraction?
 - Reminder: In solitude, we disconnect from noise and reconnect with God.

- **Read Mark 1:29-34**
 - What does this text say about Jesus day?
 - How do you think Jesus would have felt?

- **Read Mark 1:35-38**
 - What did Jesus have to do to prioritize solitude?
 - What evidences do you see in the passage that Jesus had demands on his life?
 - How does verse 38 indicate the effects of solitude for Jesus?

- **Read Mark 6:31 and Luke 5:15-16.**
 - What do these passages say about how Jesus made solitude a priority?
 - Discuss why solitude is difficult?

- **What does God do in our lives through times of solitude?**
 - Why is solitude required for us to “grow up” in the Lord.

- **Which of the applications did you decide to practice? How is it going?**

Crawl: Set time for solitude three times a week away from distractions.

Walk: Set a time for daily solitude away from distractions + a one-week social media fast.

Run: Set a time for daily devotional away from distractions and limit phone use for selected periods each day.

- Which of the gospel identities (citizen, family, missionary) does Mark 1:35-38 highlight? How can we encourage each other (and even join each other) in make solitude a priority?