

Practices of the Way-Solitude  
Study Guide

***Warming Up***

What stood out to you from last weekend's message about solitude?

When was the last time you were alone for an extended period of time? Was it soul feeding? Scary? Wasted? Impactful? Share your experience with the group.

***Digging Deeper***

Have you ever heard God or sensed the Spirit leading you in some way? What were the circumstances? How did you know it was the Holy Spirit?

What keeps us from entering into times of solitude?

- Busyness
- Fear
- I think it's weird
- Other reason

**Read Luke 5:16 and John 6:12.** What was happening in the context of Jesus "withdrawing" to the quiet places?

It has been said that even though we are around people all the time that we are really "alone together". What do you think that means?

In a digital age most of never enter all the way into solitude or all the way into community. Do you agree with that statement? Why or why not?

How is the practice of solitude different from simply being alone?

**What I find when I go into solitude is...**

- I decompress.
- I slow down.
- I begin to feel.
- I'm forced to confront the good, the bad, and the ugly in my own heart.
- I begin to hear the voice of God.
- I get God's perspective on my life.
- I come to a place of freedom.
- In solitude...it's like I come home.

**But when I neglect solitude...**

- I feel distant from God.
- I feel distant from myself.
- I get more reactive.
- I lose God's perspective.
- I get tired.
- I become emotionally unhealthy.
- I become vulnerable to temptation.

*"Solitude and silence are the most radical of the disciplines for the spiritual life because they most directly attack the sources of human misery and wrongdoing. – Silence is required to complete solitude, for until we enter quietness, the world still lays hold of us."—Dallas Willard*

Which list above describes most accurately where you are at with God and in life?

### ***Bringing it Home***

*"There is a difference between isolation and solitude. They contain similar characteristics, but in reality they are worlds apart. Solitude is a chosen separation for refining your soul. Isolation is what you crave when you neglect the first."—Wayne Cordeiro, Pastor of New Hope Church in Hawaii*

Discuss, as a group, ways you can help or encourage one another to embrace and practice solitude.

*"The invitation to solitude and silence is just that. It is an invitation to enter more deeply into the intimacy of relationship with the One who waits just outside the noise and busyness of our lives. It is an invitation to communication and communion with the One who is always present even when our awareness has been dulled by distraction. It is an invitation to the adventure of spiritual transformation in the deepest places of our being, an adventure that will result in greater freedom and authenticity and surrender to God than we have yet experienced."—Ruth Haley Barton*

Pray for one another.