

SPIRITUAL **DISCIPLINES**

GIVING GREAT EFFORT

SOLITUDE

PSALM 62:1-12

1. What holds you back from having solitude in your life?
2. Are you afraid to be alone with your own thoughts?
3. What do you run to instead of Christ to find rest or to get away from the “noise of life?”
4. How does the gospel invite us to completely rest in Christ alone?

Spend some time in solitude this week thinking and praying through Psalm 62:8.



LEGACY BIBLE CHURCH