

into the woods

PART 2

GET INTO THE WOODS: NOT TO ESCAPE,
BUT TO FIND WHAT MATTERS

REAL PEOPLE
REAL STORIES
A REAL GOD.

FOR A
BETTER STORY.

Less hurry.
More Jesus.

INTO A
BETTER
STORY

SMALL GROUP BIBLE STUDY

REAL CONVERSATIONS.
REAL CHANGE.



*"But Jesus often
withdrew to lonely
places and prayed."*

LUKE 5:16

GROUP GUIDELINES

- Be honest
- Be respectful
- Be a good listener
- Keep it confidential
- Encourage one another
- Point each other to Jesus

*Be with Jesus.
So you can live like Jesus.*



GETTING STARTED

1. What's one thing from this week's message that stood out to you? Why?
2. Where do you typically go (or what do you typically do) when you need to slow down? How well does it work?



READ TOGETHER

Read each passage aloud as a group. Take your time and let it sink in.

Mark 1:35

Jesus withdraws to a solitary place.

Luke 5:16

Jesus often went to lonely places to pray.

Matthew 6:6

When you pray, go into your room...

Psalms 46:10

Be still and know that I am God.

Philippians 4:6-7

Bring your prayers to God.



DISCUSS TOGETHER

1. Why do you think Jesus regularly withdrew to be alone with God?
2. What makes silence and solitude difficult for you?
3. How has (or could) time in God's Word change the way you think, make decisions, or respond to people?
4. What role does prayer play in your everyday life? Is it more talking, listening, or both? Why?
5. Which of the three practices — silence and solitude, meditating on Scripture, or prayer — feels most natural to you? Which one is most challenging? Why?
6. Going "into the woods" means stepping away from our comfort zones. What comforts or habits might need to be left behind to truly hear God's voice?
7. How might getting into the woods help you reenter your relationships, work, or daily responsibilities differently?



PUT IT INTO PRACTICE

- Choose one of the three practices and commit to a specific time and place this week.
- Remove one distraction that usually keeps you from being with God.
- Share your plan with the group and ask someone to check in with you next week.



PRAY TOGETHER

- Thank God for the gift of His presence.
- Pray for the discipline to get into the woods this week.
- Ask God to speak through His Word.
- Pray for courage to remove distractions.
- Pray that as we spend time with Jesus, we will live more like Him in every area of life.

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THE BIG IDEA

Getting into the woods isn't about escaping life.

It's about creating space to be with God so that we can reenter life differently.

A LOOK BACK

THE JOURNEY SO FAR

1

PART 1 — WHY GET INTO THE WOODS?

We saw that Jesus' relationship with the quiet place (*erēmos*) was not random or circumstantial. It was rhythmic and consistent.

- Jesus withdrew often.
- He made it a habit.
- It wasn't just for the hard moments.
- What is your relationship with the woods?
Does it need to change?

2

PART 2 — HOW DO WE GET INTO THE WOODS?

We explored three practices that can help all of us get into the woods, no matter where you are on your faith journey—new, exploring, or seasoned.

- Silence and solitude
- Meditating on Scripture
- Prayer

These practices help us experience communion with God, renewal of our souls, and clarity to live faithfully.

HOW DO WE GET INTO THE WOODS?

THREE PRACTICES FOR EVERYONE



SILENCE AND SOLITUDE

Create intentional space to be alone with God.

- Be still.
- Step away from distractions.
- Embrace the quiet.



MEDITATING ON SCRIPTURE

Read God's Word slowly and intentionally.

- Let it sink in.
- Ask what God is saying.
- Allow it to shape your heart.



PRAYER

Have an honest conversation with God.

- Bring your real thoughts, questions, and feelings.
- Listen, not just talk.
- Practice praying throughout your day.

These practices help us experience communion with God, renewal of our souls, and clarity to live faithfully.

TODAY'S QUESTION

How do we get into the woods?

What does it practically look like to be alone with God? No matter where you are on your faith journey—new, exploring, or seasoned—what does it actually look like for you?

COMMON OBJECTIONS

- "I don't have time."
- "I don't know how."
- "I've tried this before and it didn't really work."
- "I get distracted."
- "My mind won't slow down."

BACK TO THE BASICS

These aren't complicated practices, but they can make a huge difference.

- Start small.
- Be consistent.
- Find a time and place.
- Remove distractions.
- Bring your Bible.
- Be honest with God.
- Just show up.



MEDITATE ON THIS WEEK

Take time this week to read and reflect on these passages. Ask God what He wants to show you through His Word.

MATTHEW 6:6

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

NIV

PHILLIPIANS 4:6-7

Do not be anxious about anything, but in every situation, by prayer & petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts & your minds in Christ Jesus.

NIV

PSALM 1:1-2

Blessed is the one...whose delight is in the law of the LORD, and who meditates on his law day and night.

NIV

PSALM 46:10

He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

NIV