



Watch the Table Talk Video.

Let's Talk:

Think about a time you had to wait for something. What did you do to make waiting easier?

Which is harder for you - solitude or silence? Explain.

Let's Study:

Read Matthew 14:23, Mark 1:35, Luke 5:16 and Luke 6:12.

What stands out to you about how Jesus regularly practiced silence and solitude?

Read Matthew 4:4. Jesus spoke these words after being alone in the wilderness for 40 days. How does this verse inform your understanding of the importance of these practices?

Read Psalm 46:10. How does this verse instruct us in the way of solitude and silence?

How is this Christian spiritual practice different from other religions' practices that are similar?

Read Hebrews 13:5. If you don't feel God's presence, can you still have an encounter with God?

Jon discusses four reasons for practicing silence and solitude. Those being: 1) Encounter with Jesus; 2) Dealing with Idolatry; 3) Transformation and hearing/discerning; and, 4) Taming our tongue. Which one/ones most draw you towards these practices and why?

Let's Apply:

Ruth Haley Barton in her book, *Invitation to Solitude and Silence* says: "Silence helps us drop beneath the superficiality of our mental constructs to that place of the heart that is deeper in its reality than anything the mind can capture or express in words... In this wordless place the whole of our person turns itself towards God and waits to be addressed by God."

What are some ways you will work towards creating that "wordless place" where you can meet with God? Discuss.

How do we learn to determine the difference between our own inner voice, and the still quiet voice of the LORD speaking to us?

Let's Pray:

Spend some time in quietness before God together asking Him, "Lord, what do you have to say to me?" Share with one another what the Lord whispered to your hearts.