

Silence and Solitude

Luke 5:12-16, 1 Kings 19:9-12
July 24, 2022

FINDING RHYTHM

LIFE UNDER JESUS' EASY YOKE



After Jesus heals the man with leprosy, the news about him spreads—like leprosy—and crowds constantly press upon him. It's that constant demandingness of the world that Jesus withdraws from, and often. But it's not so that he can escape the world, it's so that he can serve it. Even Jesus had to withdraw into silence and solitude, reorienting to the Father and replenishing his soul. If Jesus needed it, how much more do we!?

1. Read Luke 5:12-16 aloud. Then read it aloud a second time. What does this passage tell us about Jesus?
2. Read Mark 1:35, Matthew 14:13, and John 11:54. What stood out to you in these passages? Why?
3. Comment on Dallas Willard's quote: "If you don't come away for a while, you'll come apart after a while." Do you agree? Why or why not?
4. We talked about the notion of "Being before Doing". Do you feel like your **Being** with God is balanced with your **Doing** for God? Why or why not?
5. Solitude was defined as fasting from people to make our return to them all the better. Silence is fasting from noise and talk, to improve our listening and speaking. What has been your experience with silence and solitude?
6. If silence and solitude aren't currently a part of the rhythm of your life, how could you begin to incorporate it into your life? What might your first step be?
7. What are obstacles in your life to silence and solitude? What needs to change to make this a rhythm in your life?
8. Experience silence as a group....
 - o Put both feet flat on the ground.
 - o 90 seconds with palms down. Release worry, any sins that you are carrying, fears, etc.
 - o 90 seconds with palms up—to listen for and receive what God has to offer. This is going to feel like a LONG time. You will bump against discomfort. Relax into it. Often, it's in the discomfort that we are more able to listen. If your mind wanders, use an anchor word like "Jesus" to bring your focus back on Him.
 - o Leader—close in prayer to break the silence.