



week two  
**silence & solitude**

## bottom line

Cultivating silence & solitude is the first step to living in God's presence.



## corresponding teaching content

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Invite your group members to watch the corresponding sermon by Pastor Andrew on [LivingInhabit.com](http://LivingInhabit.com)'s Media page before you begin this week's discussion guide.

## group icebreaker

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Describe a particularly quiet place you have been. Or a time when you were particularly alone.

## reading scripture together

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Read *The Lord Appears to Elijah* (feel free to split it up) — I Kings 19:1-18.

**play today's group intro video**



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# silence & solitude

## suggested discussion questions

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### getting connected with scripture:

- *Like Elijah, our time in silence & solitude may reveal a physical weariness. Would you say you get enough rest?*
- What are some of the ways Elijah experienced the work of God in his life during this extended time of silence & solitude?
- What should Elijah's experience with the wind, earthquake, fire and gentle whisper teach us about hearing from God?

### getting real with each other:

- *Henri Nouwen said, "We do not take the spiritual life seriously if we do not set aside some time to be with God and listen to Him." How does this challenge you?*
- What in the idea of silence & solitude frightens you or makes you uncomfortable?
- What do you stand to miss without this practice? What do you stand to gain with it?
- Where do you need to avoid judging yourself too harshly and receive grace in the cultivation of this practice?

### getting practical with our faith:

- What has helped you avoid distractions that might be useful as you practice silence? Do any of these ideas sound helpful: set a timer, take deep breaths and exhale slowly, light a candle to remind you of God's presence with you?
- Have you found a good place yet? What can help such a place feel special or make it more conducive to this practice?
- Discuss these helpful tips: 1) Settle into a comfortable yet alert physical position; 2) Pray a simple prayer expressing your openness & desire for God; 3) When the time is up, close with a prayer of gratitude.