

# LEARNING TO BREATHE

## Discussion Questions 4/19/26

### Solitude & Community

**Intro:** Solitude and community are two essential rhythms of following Jesus—like breathing in and breathing out. In solitude, God meets us in the quiet, stripped-down places where we are fully seen and known, just as He met Hagar in her isolation. From that encounter with God, we are then sent back into community, not as people grasping for power or control, but as those who learn to steward relationships with humility and endurance as a glimpse of the New Creation.

**Story:** Assuming you've had a moment that you felt you heard from God, was it in community or solitude? Tell us about it.

**Read:** Genesis 16

1. Between solitude and community, which is more difficult for you? Why do you think that is?
2. How does seeing Hagar's pain (slavery, abuse, isolation) shape your understanding of how God meets people?
3. Abram and Sarai were the source of both blessing and pain for Hagar. How does that shape your expectations for church community and what do we need from God to make church community work?
4. Read 1 Corinthians 12:12-26. Describe what it means to be a unique individual while still fundamentally belonging to a larger organism (such as the body).
5. How can you (as a small group) contribute to healthy community in the church?

**Pray:**

- For unity in your group.
- For unity in the church.
- For those in the lonely places.