



Destroying Distractions

Spiritual Disciplines: Solitude

Luke 5:15-16



Study Description

Luke 5:15-16 portrays Jesus seeking solitude in the midst of his ministry, highlighting the importance of retreat and solitude for spiritual renewal and intimacy with God. This passage invites believers to follow Jesus' example by prioritizing times of solitude and quiet reflection in their own lives, recognizing the value of withdrawing from busyness to cultivate a deeper connection with God.

Share: (5 Min)

- Think about a memory from this Spring Season of Life Groups. Share a story or experience that impacted you as we gathered for Life Group.
- Read Luke 5:15-16 together.

Learn: (10 Min)

- Why do you think Jesus went to “desolate” places to pray?
- Why do you think community is important in the life of a follower of Jesus?
- How is the practice of solitude different from the practice of community? Why do we need moments of solitude?

Love: (10 Min)

- Do you struggle to find solitude in your life?
- How do you think the world understands solitude?
- Do you find it hard to hear God speak to you in solitude? Why or why not?

Live: (10 Min)

- What can a rhythm of solitude with God look like on a regular basis?
- Jesus regularly went to his Father in desolate places to pray and seek His will. Where is a place that you can often go to be alone in the presence of the Father?
- Take time to commit to spending time alone with God this week. Have others commit by putting it in their calendar, creating space in their schedule and sharing when they will take time to seek God.

Prayer (15 Min)

- Take time to pray in silence together. Determine the appropriate amount of time for your group.¹

Trios: Split into same-gender groups, pick a question and discuss. (15 Min)

1. How was your time of silence with God? Did anyone hear anything from the Lord?
2. Is it easier to be in solitude or in community for you? Why?
3. As you think of this Spring Season of Life Groups, what has God been revealing to you?

¹ If you have little ones in your Life Group, either invite them into the process of solitude, or invite the noise! Solitude does not always have to encompass complete silence, but a steady and silent heart to hear God speak.



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Feel free to take any notes in the space below.