

# HOLY HABITS

train yourself for godliness

**Silence & Solitude** — Mark 1:29-39 — August 10<sup>th</sup>, 2025

**BIG IDEA:** Like Jesus, we must \_\_\_\_\_ from the  
\_\_\_\_\_ to \_\_\_\_\_ with God.

## WHY SEEK SILENCE & SOLITUDE?

- To simply \_\_\_\_\_ in the \_\_\_\_\_ of God.
- To be \_\_\_\_\_ in our \_\_\_\_\_ and  
\_\_\_\_\_.
- To \_\_\_\_\_ God's \_\_\_\_\_ for our life.
- To find \_\_\_\_\_ for the \_\_\_\_\_.

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## REFLECTION QUESTIONS

When was the last time you intentionally took a break from your busy schedule to be alone with God? What did you experience?

How has resting in God's goodness through silence and solitude affected your daily perspective and peace?

In what ways can purposeful prayer and praise during quiet moments deepen your relationship with God?

What distractions or demands often pull you away from prioritizing God's purposes for your life? How can solitude help you refocus?

When facing struggles or challenges, how has time alone with God given you strength or courage? How might you cultivate that habit more?

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