



Small Group Notes

Text:

Matthew 3:13-4:12

Title:

Abiding through silence & solitude

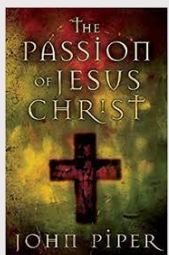
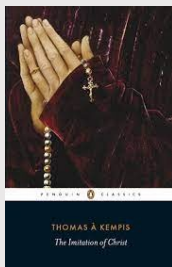
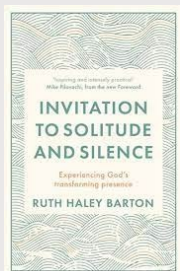
Further scriptures:

Psalm 131

Psalm 62:5-8

Mark 1:35

Mark 6:31



Last Sunday we continued our journey learning to be with Jesus by thinking about how we can abide through silence and solitude by getting away from the noise and distractions of life to be alone with God.

Reflect

1. What most impacted you from the passage or from the preach?
2. Why do you think Jesus adopted the practice of silence and solitude? What can we learn from his example?
3. What do you think the benefits of silence and solitude are to our hearts? How might it help us understand and process our emotions before God?
4. What is your experience of practicing silence and solitude? If you've never tried it, why do you think this is?

Practice

1. What can we look forward to when we enter into this practice?
2. What do you (or what do you think you will) find hardest about practicing silence and solitude?
2. As a group, spend 10 minutes sitting in silence, being with Jesus. (For guidance on how to approach this time, refer to the Practice Sheet)

Respond

1. How did you find the experience of abiding through silence?
2. What did you find hardest about it? What do you think this reveals about you? How do you think you can address that?
3. What challenges do we face to carve out time for silence and solitude in our daily lives?
4. What practical steps can you take to make abiding through silence and solitude a regular practice in your life? Do you have any hesitations about adopting this practice? What are they?

Further reading

Here a few great books if you want to dig a little deeper:

Invitation to silence and solitude, *Ruth Haley Barton*

The Imitation of Christ, *Thomas A Kempis*

The Passion of Jesus Christ, 50 reasons why Jesus came to die, *John Piper*