

Lifegroup Session 1: Discussion 8

Spiritual Habits: Solitude

Cross Culture Church

Goal: The goal of this discussion is to learn about the discipline of solitude, assess solitude in our lives, and look at ways to practice the discipline of solitude.

Connect

1. Welcome & Introduce yourselves. Go over the outline for the night.
2. Expectations:
 - Show up. If you can't make it let us know. What you put in is what you will get out.
 - Have fun. We like to have fun, laugh, and be real!
 - We ask that what is said here stays here. We want this to be a safe place where we can be authentic and vulnerable.
 - When we are honest and vulnerable we grow.
3. Introductions (if a new person joined). Have everyone share how they got connected to the life group and CCC.
4. Big picture reminder: We are learning the Spiritual disciplines. We are learning how to go to the gym of the spirit, how to put more "tools" in our spiritual tool belt. Our goal is to grow closer to Jesus and walk in the freedom that spiritual disciplines bring.

Discussion:

1. Follow up: What was the one area you wanted to simplify? How did it go? What do you still want to do? (as the leader share a personal testimony about what you are doing to move towards simplicity)

New Discipline: Solitude

Have your group read: **Matthew 4:1-11**

Discussion: Why do you think Jesus started his ministry by spending 40 days alone in the desert? (so he could experience inner solitude and hear the divine voice of God)

Have your group read: **Mark 6:31-32**

Discussion: Why do you think it's important for us to spend quiet time with Jesus and rest? (Because Jesus modeled this for us throughout his entire life. We have to reconnect with him, rest, and re-align with his will)

Listening to God and seeking his still small voice is the key to pursuing the discipline of Solitude.

Have your group read: **Ecclesiastes 5:1-2**

Discussion: What do you hear in these verses? What can we take away? (We need to listen more and speak less, not be hasty and foolish)

The discipline of silence and solitude helps us learn when to speak and when to refrain from speaking. Richard J. Foster writes, “Real silence, real stillness, really holding one’s tongue comes only as the sober consequence of spiritual stillness. Only when we learn to be truly silent are we able to speak the word that is needed when it is needed.”

Discuss how you can each pursue the discipline of solitude.

Is it setting aside time early every morning?

Is it taking a prayer walk every afternoon?

Is it turning off your phone one day a week?

Is it praying before you speak?

Is it allowing God to fight your battles and holding your tongue?

Is it having a day of sabbath every week?

Action: Choose one thing you want to do to pursue more solitude.

Prayer: Lord help us to pursue the discipline of silence and solitude, help us to listen more, to rest and retreat, to recharge in you, and to speak less, and when we do speak may it be your words flowing from us.

Reminders: Remind them when your next life group is, share any CCC updates, and invite them to invite their friends to join your group.