



THEME

Silence & Solitude - Jesus's Take on Lonely Places

ANCHORED TO TRUTH

Matthew 3:13-4:4, Luke 5:16, Mark 1:35, Luke 9:18, Luke 22:40-41

CONVERSATION

1. What are things that ask for your attention every day?
2. If you could separate your list of "attention consumers" into groups of Life-Giving, Necessary, and Negative, would any go into the Negative category?
3. When life gets busy (commitments, studying, projects, exams, work, etc), what are some of the first "attention consumers" that you remove?

4. Check out Mark 1:35 & Luke 5:16

Mark 1:35-38

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: "Everyone is looking for you!"

38 Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." 39 So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Luke 5:16-17

15 Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

5. Why do you think Jesus went to a solitary[lonely, desolate] place to pray?
 - a. Was Jesus actually lonely in these places?
6. This activity that Jesus is doing is sometimes called "Silence & Solitude"
 - a. Why do you think silence & solitude is important when it comes to a relationship with God?

BONUS or ALTERNATIVE STUDY

- Check out Matthew 3:13-4:4 (which is a precursor to Mark 1)
 1. Why did Jesus need to be baptized?
 2. How does the wilderness[desolate, lonely place] prepare Jesus for the tempting he endures?

RESPOND

- Is practicing this activity of silence & solitude with God something you have done before?
 - If so, what was your experience with it? Were there difficulties? Life-Giving aspects?
 - If not, are there certain things that get in the way?
- What are some practical ways we could make time for building our relationship with God?
- Pray for each other