

Cultivating the \_\_\_\_\_ of Silence and Solitude

1. Be gracious in light of your life \_\_\_\_\_.
2. Be realistic by starting \_\_\_\_\_, then working to more.
3. Be intentional by making an \_\_\_\_\_ on your calendar.
4. Be ruthless in your elimination of \_\_\_\_\_.
5. Be patient in trusting the \_\_\_\_\_.

**NEXT STEPS:**

*This week, make an appointment to be alone and silent before God for at least 30 minutes. Write down the time and place of your appointment here:*

Time: \_\_\_\_\_ Place: \_\_\_\_\_

**NEXT WEEK:** FORMED | *The Rhythm of Gratitude*

*Ours is a busy, noisy, distracted age. And we are formed by these forces! How can we counter and combat them? Jesus shows us one way through the rhythm of silence and solitude.*

**The \_\_\_\_\_ to Silence and Solitude**

- The Bible consistently \_\_\_\_\_ to silence and solitude.
- The Biblical characters are \_\_\_\_\_ by silence and solitude.
  - Moses
  - David
  - The Prophets
  - Paul
- Jesus \_\_\_\_\_ the rhythm of silence and solitude. (Mt. 4:1, 14:23, 26:36, Mk. 1:35, Lk. 4:42, 5:16)
- Jesus \_\_\_\_\_ the rhythm of silence and solitude. (Mk. 6:31, 9:2)

**The \_\_\_\_\_ of Silence and Solitude**

1. S & S can help us connect with and commune with God.
2. S & S can help us know our own souls.
3. S & S are ways to seek God and His will.
4. S & S can prepare our souls for spiritual battle and calling.
5. S & S can enable us to keep loving and giving ourselves to others.
6. S & S can restore our strength after a season of busyness.
7. S & S can realign our hearts with God's heart.
8. S & S can expose and break our addiction to idols in our lives.
9. S & S can teach us to control our tongues.

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*Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the perfect time to jump in at [gracecentralcoast.org/groups](https://gracecentralcoast.org/groups)*

### CONNECT *(ask these questions to check-in with your group)*

*Do you practice a rhythm of silence and solitude? Share your practice with others in your group.*

### DISCUSS *(use some of these questions to process God's Word together)*

1. Read 1:21-39 again. How did you "come under" God's Word and the message this week? What did you learn? What were the takeaways?
2. "We live in a busy, noisy and distracted world." Do you agree? How do these forces form us? What kind of people do these forces make us?

3. Would you agree that Jesus was a busy person who faced a lot of demands and pressures in his life? Have you recognized the rhythm of silence and solitude in the life of Jesus before? What do you make of that? How does it speak to you?

4. Of the 9 benefits of silence and solitude listed in the outline, which 1-2 are the most inviting to you?

5. Share when and where your appointment with God will be this week. If you've already had it, share what it was like.

### PRAY *(use these prompts to pray in response to God's Word)*

- Pray for one another this week as you pursue your appointments with God.
- Share and pray for one another's needs.