

How We Grow: Practicing the Spiritual Disciplines
Small Group Discussion Questions
Week Six - Solitude

1. What comes to mind for you when you hear the phrase "wasting time with God?" Does the idea of "wasting time" have a positive or a negative connotation in your mind? Based on today's message, how would you define (or re-phrase) the idea of "wasting time with God?"
2. Read Luke 4:42-44. In the preceding verses, Jesus has been teaching the synagogues, casting out demons, and healing people of their sicknesses. Why do you think it was so important for Him to go to "desolate" places? How do you picture Jesus spending this time? What do you think Jesus was doing in these desolate places?
3. Do you have a regular time of solitude? A regular time of silence? What are some of the things that make it so difficult for us to have quiet time with God?
4. Read Zephaniah 3:17. Spend some time talking about this picture of God taking great delight in His people. What comes to mind when you read this? What does "great delight" look like? What does it sound like? What comes to mind when Zephaniah talks about God singing over His people?
5. Solitude helps us grow in our intimacy with God. The Bible repeatedly refers to Abraham as being "a friend of God" (2 Chron. 20:7; Isaiah 41:8; James 2:21-23). What does it mean to be in friendship with God? Is it helpful to think of solitude as a way of cultivating deeper friendship with God? What does James 4:4 say about friendship with the world?
6. Read Habakkuk 2:20. In your opinion, what is the link between our silence and God being in His holy temple?
7. One practical suggestion is to practice 1-2 minutes of silence at various points in your day. Try this with your group. Set a timer for two minutes using someone's phone. Ask everyone to simply sit together in silence before the Lord. When the time is up, spend some time talking about what you noticed. Was it awkward? If so, why? Were you distracted? Did you notice how frantic your mind was during the silence? Do you think we naturally fill up the silence because we're afraid of silence? Take some time to talk about this together.
8. Over the next week, would you commit to finding a half hour to spend with God with no agenda? Perhaps next week, you'll have a story to share about how God enriched your life through this mustard seed of intentionality.
9. Close with some prayer time together.