

# SIMPLIFY.

## PART 5: SILENCE & SOLITUDE

### INTRODUCTION

During this season, we've all experienced new and higher levels of stress, because life has radically changed for all of us. What do you do when that starts to become normal? What if you could actually find a way to thrive spiritually during this uncertainty? Jesus gives us an invitation to live differently. He calls us to a simplified life.

### BIBLE VERSES

Matthew 11:28-30

Mark 1:38

Matthew 3:17

Mark 6:31-32

Matthew 4:1-3

Luke 5:16

Mark 1:35-36

### DISCUSSION QUESTIONS

1. Why is it so hard to be silent?
2. Pastor Will defined a discipline as any activity you *can* do now which will eventually enable you to do what you *can't* do now. What disciplines do you have built into your life right now? What are you hoping to be able to do in the future as a result of these disciplines?
3. Pastor Will taught that when Jesus spent time in silence and solitude with God he always came out with a renewed sense of his identity (who I am) and his calling (why I'm here). When was the last time you were completely confident in your identity (who you are) and your calling (why you're here)?
4. Think about your own life. If you have had times in your life with this discipline of silence and solitude built in to spend quiet time with God, what effect has it had on you? What effect has it had when you have not built this discipline into your life?
5. How can you build this discipline of spending time with God in silence and solitude into your life?

### MOVING FORWARD

Luke 5:16 says "Jesus often withdrew to lonely places and prayed." This was an essential part of his lifestyle...a discipline he built into his life so that he could connect with his Father with no interruptions or distractions. Jesus knew what was at stake if he didn't do this: distance between him and God, losing sight of his identity and calling, anxiety and exhaustion, opening himself up for temptation. The same things are at stake for us.