

SOLITUDE & SILENCE

As preached on Sunday, April 18th

Read: Psalm 4

1. How would you answer the following questions: Do you feel like God is distant? Do you wish God's voice would be louder in your life? Is there a connection between the amount of noise in your life and your inability to hear God?
2. Do you agree that we live in a "noisy" world? As you think through your life, what would you classify as times of "ebb"? As times of "flow"?
3. How would you define solitude? Do you experience much solitude? If so, how? If not, why not?
4. How would you define silence? Do you experience much silence? If so, how? If not, why not?
5. As you consider the example that Jesus set of a regular withdrawal into solitude and silence, why do you think he did so? What can we learn from his example?
6. Take a moment to about Elijah's experience detailed for us in 1 Kings 19:1-18. Can you relate to the ups and downs of his life experience? Why do you think God chose to communicate in a whisper rather than a more powerful and louder way?
7. What are some practical ways that you can begin to try the spiritual practices of solitude and silence? How do you feel as you anticipate giving them a try?