

Solitude & Silence

As preached on Sunday, July 7th

Read: 1 Kings 19:1-18

1. What do you think, is there a connection between the amount of noise in our lives and the difficulty we sometimes have in hearing 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 reflect again on 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 some more powerful or louder way?
7. What are some practical ways you can begin to try the spiritual practices of solitude and silence? How does it feel to anticipate giving them a try?
8. Take at least 2 or 3 brief “minute retreats” into solitude and silence this week. If you’re feeling brave, choose a day when you will spend an hour or more in solitude and silence.