

Thrive!

Week Seven:
Solitude

Daily Scripture Reading

Sunday:

Prayer and solitude / Matthew 6:5-6

Monday:

More Prayer and solitude / Luke 5:16

Tuesday:

The insights of solitude / Psalms 8

Wednesday:

Solitude understanding / Jeremiah 20:7-18

Thursday:

The solitude of the garden / Matthew 26:36-46

Friday:

The solitude of the cross / Matthew 27:32-50

Saturday:

The compassion that comes from solitude

/ Matthew 9:35-38, 23:37

Supplemental Questions

1. Where do you go, or, what do you do to unwind when you have had one of those hectic days? Why do you find this to be of comfort?
2. What is the difference between loneliness and solitude? Which do you experience more?

Read Luke 5:15-16; 6:12-13

3. Why are references like these recorded in the Gospels?
4. Do you think Jesus was strengthened by His time on the mountain? If so, how?
5. Do people in today's world find it difficult to find "quiet time?" What are things that can either hinder or encourage this type of quality time?
6. It is said that solitude is a fundamental discipline. Can something really be learned from spending time alone, from taking time in silence and solitude?
7. According to Richard Foster, "loneliness is inner emptiness. Solitude is inner fulfillment, [and it] is more a state of mind and heart than it is a place." What are your thoughts on this perspective?
6. Why do we need both solitude and community to function with spiritual success?

Challenge for Growth

- 1. During your prayers, spend some time in silence to focus on God's nature and what He may be saying to you.**
- 2. In the coming weeks, schedule a period of time away from all the distractions in your daily life. Schedule a time of solitude.**
- 3. Pray that God will lead you as you practice the disciplines of silence and solitude.**