



WELLSPRING CHURCH

ATTEND – Solitude and Sabbath

Introduction:

In the chaos of the modern, digital age, it's easier than ever before to “gain the whole world, and yet lose your soul.” How do we stay emotionally and spiritually alive and awake? Among the ancient disciplines of the way “silence and solitude” is a paramount practice of Jesus apprenticeship. Simply put, it's a moment of intentional time to be alone and quite with God.

Scriptures:

Read and discuss Mark 1v35, Luke 5v16, 6v12

Reflection Questions:

1. Imagine Jesus' life. Is it fast-paced and hurried? Clearly in the midst of great need, he still finds time to withdraw. Why do you think he does that?
2. What is your life like? Is it fast-paced and hurried? What role does solitude and silence have in your everyday life with God?
3. Have you ever had a meaningful experience of solitude? What was it like? Could you imagine adding a little bit of silence and solitude into your life? How would you add it in?

Experiment: (Choose One)

1. Spend 15-30 minutes each day alone. Pay attention to your thoughts and emotions. Do you find yourself focusing on certain aspects of your life? Do certain emotions rise to the surface? Take a moment after each 15-30 minute experience to journal about the time.
2. Set aside 4 hours to enjoy God and friends as part of your Sabbath. What would you do? Journal about your experience afterwards.

Pod Discussion:

1. As you listened to the podcast (watched the video), what struck you or stood out to you?
2. What was your experience in solitude like? Was it enjoyable? Uncomfortable? Did you notice anything about yourself, God or the world?
3. Is God inviting you to change anything in the way you do your life?

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