

GROW GROUP QUESTIONS

Announcement: Baptisms are coming up? Has anyone in your group not been baptized? How can you help each other take this step of obedience?

Icebreaker: If you could go on a silent retreat anywhere in the world for a week, where would you go and why?

Sermon Discussion:

- Discuss the opening illustration. What were your thoughts and emotions throughout it?
- What is your initial reaction to the idea of solitude as a spiritual discipline? Does it feel inviting or challenging? Why?
- Read **Mark 6:31–32**, Jesus calls His disciples to a place of solitude. What does this passage teach us about the necessity of rest and retreat?
- Pastor Steve mentioned that solitude provides time to *sit in God's presence without an agenda*. How does that differ from how you typically approach time with God?
- Many of us fill our prayer time with requests and words. What would it look like to simply sit in God's presence? Have you ever tried this before?

Going Deeper

- Read **Luke 5:15–16** highlights Jesus escaping the crowds to pray. What are the things in your life that make it difficult to withdraw in this way?
- **Remove Distractions:** How does technology (phones, social media, constant noise) impact your ability to be silent before God? What's one small step you could take to minimize digital distractions during your quiet time?
- **Create a Plan:** If you were to set aside **15–30 minutes or 30 min–1 hour** for solitude this week, what would it look like? Where would you go? What would you do (or *not* do)?

Next Steps

- **Accountability & Action:** What is one tangible step you can take this week to implement solitude in your life? How can we, as a group, encourage and hold each other accountable in this?