

## The Good Life – Silence & Solitude pt. 1 - Life Group Leader Guide

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Below are some study questions that will help you and your Life Group dig deeper into the disciplines of silence and solitude. We've included plenty of questions, but feel free to use just a few or to choose whichever questions best fit your group.

### Opening Discussion:

1. What was your initial reaction and feeling when you learned we were spending October practicing the disciplines of silence and solitude?
2. What are some ways you experience noise in your life? (Phone, social media, emails, TV, etc.)

### Bible Reading and Questions:

1. Ask someone to read **Luke 5:12-16**. Then ask someone else to restate the reading in their own words.
2. What was Jesus' response to the fame, pressure, and noise he was experiencing at this point in his ministry?
3. Why do you think it was important for him to get away from the crowds?

### Application Questions:

1. What are some of the main messages you believe you receive through the noise of our culture? Do those messages help you follow Jesus and lead you into The Good Life?
2. If Jesus regularly practiced times of silence and solitude, do you think it's important for us to follow his example? If so, do you regularly practice silence and solitude? Why or why not?
3. What are some practical steps you can take to practice silence and solitude this month? When and how will you incorporate these disciplines into your day?
4. What are you hoping for or expecting this month as you practice silence and solitude?

### Closing & Prayer: *[set aside 10-20 minutes for prayer]*

Allow enough time to pray for each other. Pray for God to reveal any places He wants to meet you this month through the disciplines of silence and solitude. Pray for a greater sense of His presence this month.