

## The Good Life – Silence & Solitude pt. 2 - 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 discipline 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. How have your times of silence and solitude been this month? What has been difficult? What has surprised you? Where have you experienced God's presence in these disciplines?

### Bible Reading and Questions:

1. Ask someone to read **Mark 1:12, Mark 1:35, Mark 1:45 and Mark 6:30-33.**
2. What is the common denominator in these verses? Where does Jesus go/invite his disciples to join him?
3. The word for wilderness/deserted place/lonely place/remote place in Greek is all the same word: *eremos*. (Eh-ray-mas) It's in the *eremos* that Jesus meets with God the Father and experiences relief from the noise, pressures, and expectations of the world around him.

### Application Questions:

1. Jesus didn't live in a state of silence and solitude. He didn't constantly experience *eremos*. Instead, he intentionally sought it out and went to find it. What does it look like for you to create *eremos* in your life right now?
2. Many of us struggled to find regular times of *eremos* in our lives. If that's true for you, why do you think that is?
3. What do you expect to find in the *eremos* when you create it?
4. Read the following quote by Henri Nowen and discuss it: *"Solitude is not a private, therapeutic place, rather it is the place of conversion, the place where the old self dies and the new self is born, the place of emergence of the new man and new woman occurs. Solitude is the furnace of transformation. Without solitude we remain victims of our society and continue to be entangled in the illusion of the false self."*

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

Allow enough time to pray for each other. Pray for God to continue transforming us as we practice silence and solitude this month. Pray for a greater sense of His presence this month.