A close up of a piece of paper

Description generated with very high confidence

**Week 2: Seeking Solitude**

**INTRODUCTION**

This week pastor Phil talked about seeking solitude and how that is different than being alone. People have different reactions to being alone, some love it, some will do anything to avoid it. What do you like to do when you are alone? Does being alone bother you or do you enjoy it?

**DISCUSSION QUESTIONS**

1. What place or time do you feel closest to God?
2. How do you feel when it’s totally quiet?
3. God is always there, so solitude isn’t going anywhere, rather it’s eliminating everything else to be with God. What are some things you need to eliminate to be with Him?
4. When we spend time with God we need to stop and wait in silence. Have you ever waited in silence for God? How do you imagine it might go?

**STEPPING FORWARD**

Consider scheduling some time in your schedule this week for solitude. It doesn’t have to be long, but make the effort to intentionally seek it out.

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

**Matthew 11:28-29**