

Spiritual Habits Extreme (Part 3) – Lesson 2 Workbook

Solitude

Luke 5:16

1. Why do you think Jesus did what is describe in this verse?

2. Look at the context around these verses. What prompted Jesus' retreat?

3. In what ways does life press on you?

4. How often are you able to get alone?

5. What benefit do you sense from this time?

Mark 6:31

1. What does Jesus tell His disciples to do?

2. Why did He say this?

3. What had they just finished doing?

Psalm 46:10

1. How can disconnecting from the world and experiencing solitude be a good thing?

2. How can having time that is exclusively devoted to God be good for us?

3. In what times of life do we need solitude most?

John 8:29

1. Who is "He who sent me" to Jesus?

2. What do you think it means, "He has not left me alone"?

3. Are we ever really alone? Why do you think that?

Homework

- Memorize Psalm 46:10
- Practice the habit of solitude one or more times this week. Find a place to be away from all distractions for at least one hour and spend this time alone with God. Let the Holy Spirit guide you. Be prepared to share some of your experiences during this time when your group meets again.