

GROWTH GUIDE

ANCIENT PATHS | SPIRITUAL DISCIPLINE OF SILENCE AND SOLITUDE

PSALM 46

FOR THE WEEK OF DEC 6, 2020

For you. Your family. Your group.

REVIEW THE PASSAGE

What are some characteristics of God the psalmist focuses on in Psalm 46? What are the differences you notice in the word picture seen in verses 2 & 3 compared to verses 4 & 5?

Psalm 46 calls us to “be still” before the Lord. We see this discipline modeled by the life of Jesus. What are some passages that show examples of Jesus intentionally taking time to be alone with his heavenly Father? How is the Christian discipline of silence, solitude and meditation on Scripture as modeled by Jesus different from Eastern meditation or secular versions of solitude we see today?

ASSESS YOUR LIFE

What has your experience with silence & solitude (intentional time alone, with God, in the quiet) been previously? Is it a discipline you have practiced before? How did it go – what went well and what were the challenges?

Silence and solitude is a discipline to help us cut through the distraction and the desperation that we can face. Where do you see distraction and desperation at work in your life? How would silence and solitude help? What do you long to gain from time alone with God?

APPLY THE TRUTH

What does accepting the invitation to silence and solitude look like in your current season of life? What are the biggest hurdles you face?

Make a plan for some short and long silence and solitude. What is your plan for some short moments of silence and solitude with God this week? What would it look like to plan a longer time of solitude (few hours to a day)?