

CONNECTING WITH
GOD
Together

SESSION FIVE
SOLITUDE
DISCUSSION GUIDE

Do you by nature tend to enjoy time alone or would you rather be around other people most of the time?

If you began a practice of solitude, how do you think it might help you build a stronger and more vibrant relationship with Jesus during the rest of your daily journey with Jesus?

What hesitations, if any, do you have about practicing solitude?

On a scale of 1 to 10, how would you currently rate your prayer life? Do you think practicing solitude might improve the quality of your communication with God? Why or why not?

When do you think you can begin practicing solitude? Go ahead and get your calendar app open or your calendar out and make a plan to practice solitude at least 10 times over the next few months. Start thinking about where you will go and what you will do during your time alone with God. Use the tips discussed and listed again below to help you make a plan.

THIS WEEK

Make your plan and share your plan with a close friend in Christ who will help to hold you accountable to sticking with it.

TIPS FOR SOLITUDE

- Pick a time and frequency.** Try to identify a time when there's opportunity for you to practice solitude. If there seems to be no time, then make time.
- Pick a place.** Choose a quiet place where you can be alone. An isolated place in your home is not a good spot if you can still hear the buzz from family activity around you.
- Pray.** Plan to spend the bulk of your time in prayer. Spend time expressing gratitude to God for the love He gives us through Jesus. Share with Him your heart and deepest thoughts. It doesn't have to be pretty; it just has to be real.
- Pay attention to your thoughts and feelings.** The more real with God you are, the deeper you will go. It may be emotional at times. That's okay. God is working. Let Him work.