

You Are Here- Solitude

6/30/19

READ:

- Genesis 1:27
- Genesis 2:20-24
- Mark 1:35-38

REFLECT:

- Define “Solitude” as it relates to a Spiritual Discipline. What are the benefits? What are the costs?
- Do you like to spend time alone? How does solitude affect you? How important is companionship to you?
- How much of your prayer time do you spend talking vs. listening? Do you struggle just “being” in His presence?
- What does it mean to re-create? How can we do this during our “recreation” time?
- Do you allow God to replenish you? Do you have a regular routine of time spent with God? Do you struggle with leaving distractions behind?

RESPOND:

Monday Morning Application:

- Personal - Spend 10 minutes a day in Solitude with God. Try and return to the same place.
- Family - Set a time where everyone in the house is technology free. For those old enough, encourage them to practice solitude. Come together at the conclusion and continue with a family devotion.