



Week 4 | Silence & Solitude

Discipleship Groups

As you start your discipleship group, pray for each other. Pray that God would continue to teach and transform us as we go through these Spiritual practices. Pray that your group would feel the freedom to be honest about where you have grown this week and where you have faced difficulties.

- How is the practice of silence and solitude natural for you? How is it difficult?
- Is this a practice you have explored before? If yes, what has your experience been like? If no, what has hindered you?
- How do you think God wants to transform you personally through the practice of silence and solitude?
- Is there anything about the idea of silence and solitude that makes you uncomfortable?
- Did you gain any insight or hear anything in particular from God through the exercises this week?

"For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken." - Psalm 62:5-6