

LifeGroup Study SheetMarch 9th, 2025 – Holy Habits – Solitude

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

How do you respond to the following quote. Do you agree, disagree, relate, don't relate? Explain.

“We are so afraid of solitude that we chase ourselves from one event to the next in order not to have to spend a moment alone with ourselves, in order not to have to look at ourselves in the mirror.”

Dietrich Bonhoeffer

How is solitude more than simply being by yourself?

Digging In

Question 1: Read Luke 5:12-16. Look at all the things Jesus had just endured in ministry. He healed a man with leprosy (v.13). He had multitudes coming to him as He was teaching (v. 15) and He was healing more people (v.15). In verse 16 it says that Jesus withdrew “often” to get away and pray. What is the reason Jesus withdrew in solitude? What about solitude do you think makes it easier to hear from God? When was the last time you withdrew from the “busyness” of the world to connect with God?

Question 2: Read Mark 1:32-37. We see in this passage Jesus has another long day of ministry – healing the sick, dealing with large crowds, casting out demons. Jesus got up early before sunrise to pray in a solitary place. If Jesus, being fully God and fully human needed to get away to recharge and connect with His Father, how much priority do you put in your own life in practicing solitude? Why do you think most of the time we “don't have time for it?” This week, how can you create a rhythm of solitude with the Lord? When you do have time away in solitude, what are your thoughts/prayers like? How can the Lord help you change them? What do you need to surrender to Him?

Question 3: Jesus chose multiple different reasons to practice solitude. A few of them we have looked at already. How have you practiced some of these before? Are any of these new to you? Did you know Jesus practiced solitude for these reasons? How will this propel you in the future to practice solitude?

- To Pray ([Luke 5:16](#))
- To Grieve ([Matthew 14:13](#))
- To Recharge ([Mark 6:45-46](#))
- To Seek Clarity ([Luke 6:12](#))
- To Deal with Stress and Listen – ([Luke 22:41-44](#))
- To Prepare for Ministry ([Matt 4:1-2](#))

Application:

This week, create a moment of solitude. Make it a simple way to practice a personal connection with the Lord. It could be in the morning, during lunch, after everyone is in bed, etc. Use this time to pray, read Scripture, reflect on a passage.

Choose a time and a place – plan out a time and place to do this. Start small with 10-15 minutes of uninterrupted time. Make it a consistent place.

Put away disruptions – put your phone away, chose a quiet/alone spot.

Use your Bible – pray before you open your Bible to read a passage, ask the Lord to direct your time as you read that passage.

Make it a common habit– don't become legalistic about it but make it a common practice!

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?