

Community Group Discussion Questions

Moraga Valley Presbyterian Church | Sunday, April 28, 2024

The Way Up is Down: Spiritual Practices for the Rest of Us | “Finding Peace in Silence”
(Solitude)

Read Luke 5:16

1. The sermon mentioned that our culture glorifies busyness, constant stimulation, and noise. In what ways do you see this playing out in your own life? How does it impact your ability to be still and find solitude?
2. Jesus modeled the practice of solitude by regularly withdrawing to lonely places to pray (Luke 5:16). Why do you think Jesus prioritized times of solitude? What might He have been seeking or needing in those moments?
3. Brandon stated: "Solitude is counter-terrorism for your heart and mind." How have you experienced the benefits of solitude in quieting your soul and combating negative inputs? Share an example.
4. What obstacles or challenges do you face in practicing solitude? How can you start overcoming some of those this week? (e.g. finding a special place, dealing with distractions, etc.)
5. Take a few minutes (120 seconds) of silence in group solitude. Then share what that experience was like - easy or difficult? Did you sense God's presence or have any particular thoughts come to mind?