

Thrive



Week Two: Silence and Solitude

Overview

In a culture surrounded by the impact of COVID-19, it's time for God's church to thrive. No matter how chaotic this world may seem, God has given us everything we need to thrive in our lives, our rhythms, with our resources, and in our relationships. So many of us will view this season that we're in as just a time of survival. But what if God is calling his church to thrive in the midst of chaos? What if God is calling you to become even more alive in him during this time? What if God is inviting his people to a deeper, more meaningful faith in him? We believe he is, and we're excited discuss this topic over the next few weeks.

This week - we centered back in on the topic of prayer. Specifically, we discussed two key elements of a healthy prayer life: silence and solitude. While silence and solitude may be rare commodities in our own lives, we see that they were integral pieces of Jesus' relationship with his father. We know that prayer is one of the most important things that we can engage in, yet often it can seem so difficult. Silence and solitude help us enter into a healthy space for prayer, help us clear our minds of distractions, and allow us to center in on the voice and presence of God among us in prayer.

Reading and Discussion

1. As you begin, spend some time in prayer for one another. Ask if there is any specific situation in need of prayer, and spend some time as a group praying over those situations.
2. Dean mentioned that his prayer life had been totaled in an accident. Have you ever had a season in your life in which you felt the same way? In which prayer was difficult, or nonexistent? Share about that experience, if you feel comfortable.
3. In our message Sunday, we discussed two essential elements of a healthy prayer life: Silence and solitude. How well do you do with silence? How about solitude?
4. Dean mentioned five aspects of "developing your practice:" Solitude, silence, scripture, devotional reading, and prayer. Spend some time discussing with one another ways in which you can incorporate these five elements into your daily routine. Perhaps you already have a healthy spiritual routine: share it with the others so they may glean from it. As you close, pray over these practices and routines – for God to bless them.