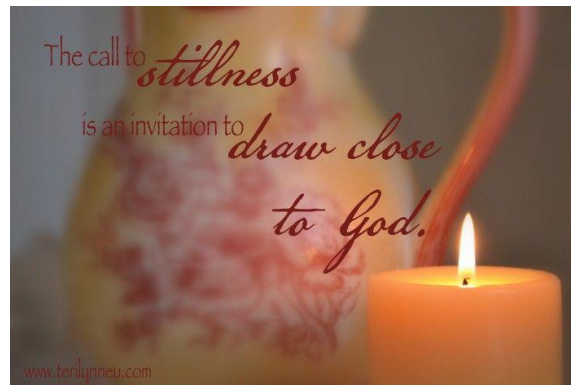


### For Further Study April 30 – May 6



1. Read Psalm 46. What does this Psalm in its entirety better help you understand verse 10?
2. What do you find to be the biggest distractions during a typical day? What challenges do you face in finding time to be still?
3. If you already practice solitude and silence, what are some tools you can share with the group regarding your experience?
4. The following passages refer to instances when Jesus went off by himself to seek time with his Father. What are the “take aways” from each of these passages?
  - a. Luke 4:1-2
  - b. Luke 6:12-13
  - c. Matthew 14:10-13
  - d. Matthew 14:22-23
  - e. Luke 5:15-16
  - f. Matthew 26:36

5. Silence helps us to learn to listen. The book of James talks a lot about the importance of taming our tongues. How will the practice of silence help us to guard our speech?
  
  
  
  
  
  
  
  
  
  
6. What do we learn from these biblical examples of God's people "hearing the voice of God"?
  - a. Elijah. 1 Kings 19:11-13
  
  
  
  
  
  
  
  - b. Habakkuk. Habakkuk 2:1
  
  
  
  
  
  
  
  - c. Apostle Paul. Galatians 1:7
  
  
  
  
  
  
  
  
  
  
7. What are ways you can experience solitude/silence while in a crowd?