

# SOJOURNERS

COMMUNITY CHURCH

## *Trans-form Notes* **Silence and Solitude**

**Reflect:** (Spend time with God meditating on Scripture)

- ❖ Take some time to read and meditate on Mark 6:30-45

**Interact:** (This is a time to study and listen to God through His Scripture and each other.)

- ❖ Make sure everyone has a Bible or print out the passage from [biblegateway.com](http://biblegateway.com). Here is the Scripture for this week: Mark 6:30-45 Take time to read these passages and reflect on what God might want to say to you through these passages. Circle or underline words or phrases that stand out to you.
- ❖ Do you tend to avoid being alone? If so what troubles you about being alone?
- ❖ What tends to pop into your mind when you are alone?
- ❖ What do you resort to doing when alone?
- ❖ When have you felt most comfortable being alone? Most uncomfortable?
- ❖ How do you avoid or resist silence?
- ❖ Do like to fill silence with sound or learning?
- ❖ Where do you have silence with God in your life?
- ❖ Do you think God values time with you alone and in silence?

**Apply:** Take some time to plan and implement new things in your life, for transformation to take place.

- ❖ Take some time this next week and even this month to turn off any background noise during a task. Turn the radio off in the car. Turn the TV off and take some time to just sit quietly. Notice what you do hear. Notice what you think and feel when it's quiet.
- ❖ Take some time to be alone with God each day this week. You go and sit or take a walk and just listen.
- ❖ Plan a to spend an hour in silence and solitude one day a week this month. One day during the month try and spend a half of a day just wasting time alone with God. You can spend it on a hike or at a park.