



Way Better

These days, we can often find ourselves feeling kinda “meh.” Even when we do all the right things, life seems to stay the same. How can we find the life we're longing for? Together, let's discover a way that's “Way Better.” – This week: Silence & Solitude.

Conversation Starter

- What do you do when you find yourself in a moment of silence?

Discussion Questions

1. Which part of this message was most impactful for you and why?
2. Do you find yourself affected by ‘digital distraction?’ What other things bring noise and distraction into your life?
3. Do you ever use ‘external noise’ to drown out ‘internal noise?’ What is the internal noise for you?
4. Read Luke 5:15-16. Luke tells us nine times in his gospel that Jesus withdrew and prayed. This passage can also be translated as “*was regularly withdrawing and praying.*” Have you ever practiced solitude and silence? What happened?
5. Spiritual writers throughout the years have found the practice of silence and solitude to be a source of strength for life. Read the following statements. Do you agree or disagree with them? Why or why not?

“It may well be that the whole trouble in our lives is that we give God no opportunity to speak to us because we do not know how to be still and to listen; we give God no time to recharge us with spiritual energy and strength because there is no time when we wait upon him. How can we shoulder life’s burdens if we have no contact with him who is the Lord of all good life?” – William Barclay

“Without solitude, it is virtually impossible to live a spiritual life... We do not take the spiritual life seriously if we do not set aside some time to be with God and listen to him.” – Henri Nouwen

Moving Forward

Let's bring back “Quiet Time” (page 2)

NOTE: If you do not have a Bible or are in need of a new one, all major/recommended translations – NIV: New International Version, ESV: English Standard Version, or NLT: New Living Translation – can easily be found on Amazon.com. Also, you can stop by the Guest Service Table any Sunday to get a free hard copy of the Bible on us!

The basic idea: Start by simply finding a quiet place and taking 10-15 minutes to read Scripture slowly with your ear open to God's voice through the text.

1. Put away your phone and any other distractions, settle into your time/place, and get comfortable.
2. Pick a Scripture to read.
 - If you're on a Bible reading plan, just open to whatever is next, but pick a short section of Scripture. One chapter at most.
 - If you're not on a reading plan and nothing comes to mind, here's a few recommendations for Scriptures to start with:
 - Psalm 23, 37 or 40
 - John 15 or 17
 - Gospel of John
 - Romans
 - Philipians
3. First, take a moment to quiet yourself. Breathe. Turn your attention over to God. Feel free to rest for a few moments, as you slow your mind down. Then read the passage slowly and pay attention to each line. Take your time.
4. Listen for what God is saying to you through the text. Talk to God about what you're hearing.
5. Take a few more moments to sit in God's presence before you return to the noise of life. Express whatever is in your heart to God—wonder, awe, joy, hope, or gratitude. Close with a prayer of gratitude and commit your day (or if it's evening, your rest) to God.