

SHARPENING THE AXE
Journeyman, March 5, 2014
Session 7: "Spiritual Disciplines: Solitude"

**Solitude = Voluntary silence of external and
internal noise to better hear God's voice**

Internal Noise

Anxiety

Grudges/Bitterness

Plans

Work

External Noise

Media

People

Social Media

Books

Matthew 26:36-46 (Cross reference 1 Kings 19:11-13)

1. Place

2. Time

- Plan for it

- Capture it

- Guard it

3. Focus

Small Group Discussion

Connect

1. Did you have an opportunity to practice simplicity this week? If so, how did it go?

Grow

1. What keeps you from solitude? What will you change to make it a bigger part of your spiritual life?

2. We are thinking of the disciplines as tools in a toolbox to pull out when needed. What times can you think of when the discipline of solitude would be beneficial?

Reach

1. Why do we need solitude and community to aid our spiritual growth?

2. How could you utilize solitude to support or grow your ability to reach others with the Gospel?