Spiritual Disciplines

Lesson 18: Wednesday, February 2, 2022

Justin Ader

**LEADER DISCUSSION GUIDE**

**Spiritual Discipline: Silence and Solitude**

1. What is the discipline of silence?
2. What is the discipline of solitude?
3. Do you currently practice the spiritual disciplines of silence and solitude? If so, share with the group the things you do to practice these disciplines.
4. Name the five main reasons as to why we are to practice the spiritual disciplines of silence and solitude.
5. Why should Christians follow Jesus’ example to practice these disciplines?
6. What are some ways in which we are to seek God?
7. How are you doing at seeking God in prayer, in His Word, and in decision making? What changes need to be made?
8. Justin said that another reason why we need to practice the spiritual discipline of silence and solitude is for physical restoration, which includes both our bodies and our minds. Why is this?
9. Justin said his last reason as to why we should practice the spiritual discipline of silence and solitude is for spiritual restoration. Why is this needed for the Christian?
10. Name some of the tools that Justin gave us in order to practice the disciplines of silence and solitude.
11. How are you doing, or how can you improve on practicing “minute retreats?”
12. How are you doing, or how can you improve on practicing study and prayer?
13. As you look at the year ahead, how can you make it a priority to set aside time to go on a retreat or vacation for the purpose of practicing the spiritual disciplines of silence and solitude?
14. In what practical ways can we help each other put these tools to work, and hold each other accountable?
15. Do you have any questions or need clarity regarding the spiritual disciplines of silence and solitude or the lesson taught tonight?
16. Will you commit yourself to the disciplines of silence and solitude starting today?