



FOLLOW ME

WEEK 5: SOLITUDE

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Solitude isn't about escaping people or reality—it's about making space to meet God. Like Jesus, we can withdraw from noise so we can listen, reflect, and let Him heal our hearts, so we can approach life, family, and relationships with God at the forefront.

KEY VERSES

Look up theses additional verses:

Psalm 46 (NIV), Full Chapter

Mark 1:35 (NIV)

Luke 6:12-13 (NIV)

DISCUSSION QUESTIONS

1

Quality Time with God

Jesus utilized quiet places to pray and spend time with God. Solitude is meant to be running towards God and life, not away.

- a. What's the difference between hiding from people/reality and running toward God?

- b. How might time alone with God change the way you handle stress or relationships this week?

2 Bringing it to Jesus

Solitude can expose what busyness hides—our fears, wounds, and longings. This can feel unsettling but also be healing.

- a. When the noise fades, what thoughts, emotions, or anxieties does God want you to bring to Him?
- b. How have you experienced God bringing clarity or healing when you faced those hidden places?

3 Reflecting in Stillness

Stillness leads to reflection, and reflection leads to awareness of God's presence and our need for Him.

- a. How have you experienced God making His presence known when you paused to reflect? How did that help you?
- b. What's one way you can pause again this week to keep noticing His presence?

4 Come to Know Him

Read **Psalms 46:1-3**, then **Psalms 46:10-11**. The psalm is about knowing who God is to them, so they could live in trust that God will show up, no matter the outside circumstances.

- a. Who is God to you that you'd consider Him your refuge and that you'd be comforted to be still and trust Him?
- b. How might you come to know God deeper this week to allow you to rest in who He is?

5 Living Transformed

As we come to know Him deeper in various ways, like in solitude, we get to know more about ourselves and how to love others.

- a. How have your relationships been shaped because of the way Jesus has loved you?
- b. What's one relationship where you sense Jesus nudging you to love differently right now?

DIVE DEEPER

Personal Reflection: Solitude creates space for God to uncover what we often miss in the rush.

- What new aspect of God's character might He want you to discover when everything else is quiet?
- How could deeper time with Him reshape the way you see your purpose or calling?

PRACTICAL SOLITUDE

If you'd like to, take some time to be in solitude and listen to God's voice for your life. Once this time is over, you can:

- Share with one another what you heard.
- Pray truth over each other where you are seeking God.

PRACTICAL APPLICATION

Being with Jesus—This week:

- Try and find some time to spend with God, in your own way.
- Write down what He said or how He moved (from Scripture or prayer).

Ask the Holy Spirit to help you find space to be alone with Him to spend quality time with Him.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Psalms 23:1-3, *"The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside quiet waters. He restores my soul; He guides me in the paths of righteousness for His name's sake."*

Let the group rest in that promise as you close together in prayer.

NOTES

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