



## Part 5: Solitude on Purpose // Jeff Brodie // February 4th, 2024

We've never been more connected, and yet we've never been more lonely. At the same time, when we are alone, we struggle to disconnect in a healthy way. Our phones, our screens, and the demands on our life have changed us—you might argue they've made our souls feel barren. We struggle to be present with ourselves, let alone with God. In this message, we look at how Jesus modeled the power of silence and solitude to feed his soul.

**Scripture:** [Matthew 4:1-3 NLT](#); [Mark 1:35-39 NLT](#); [Mark 6:30-34, 45-46 NLT](#); [Luke 5:15-16 NLT](#); [Psalm 139:23-24 NLT](#); [Psalm 46:10a NLT](#); [John 15:13-15 NLT](#)

**Bottom Line:** Solitude isn't a sign of weakness but a source of spiritual strength.

### Discuss:

1. When you get a few moments to yourself between meetings, at a restaurant, or waiting for someone, how quickly do you pick up your phone?
2. Do you agree that something has shifted in our souls with the rise of digital connection—that is, a desolation of barrenness. How would you describe it? Have you experienced it?
3. Do you think we sometimes suggest that we struggle with busyness, when what we're actually struggling with is being overconnected digitally?
4. Read [Matthew 4:1-3](#); [Mark 1:35-39](#); [Mark 6:30-34, 45-46](#); and [Luke 5:15-16](#). As you see Jesus practice solitude, what are your observations about how he goes about doing it? To what degree is it a priority for him? Why is it so important?
5. Why do you think we struggle to choose solitude? What does this indicate about us?
6. When we aren't used to the practice of silence and solitude, it's sometimes the interior noise, not the exterior noise, that we struggle to turn down. This requires consistent practice. Do you think you would be better to practice an hour of silence and solitude once a week, or practice it 10 minutes a day? Why would that be the best fit for you?
7. What would you say is the difference between being lonely and being in solitude?
8. Read [Psalm 139:23-24](#) and [Psalm 46:10a](#). One writer says that solitude with God is like a balm to our soul. Why do you think we struggle with silence and solitude, even though we know it's good for us spiritually?
9. If you were to set aside time this week for silence and solitude, what would that look like for you? Share with the group and report back next week.

**Moving Forward:**

Read [John 15:13-15](#). Friendship means spending time with someone, enjoying time together. If Jesus claims that you are his friend, what intentional time could you set aside this week just to spend with him?