

Strength for the Journey

Meditation/Solitude

January 15, 2012 – CD 1203

Scott Parker

“Guard your heart above all else, for it determines the course of your life.”
Proverbs 4:23 (NLT)

“So we do not give up. Our physical body is becoming older and weaker, but our spirit inside us is made new every day.”
2 Corinthians 4:16 (NCV)

- **The _____ and _____ of solitude**

“Be still, and know that I am God!” Psalm 46:10a (NLT)

- **Sabbath**

“Then Jesus said to them, “The Sabbath was made to meet the needs of people...” Mark 2:27a (NLT)

- _____

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Small Groups Questions – Week 2

1. When in your life do you prefer to be around people, and when do you prefer to be alone?
2. What tends to occupy your mind most of the time?
3. Have someone read Mark 1:35–39. Why do you think Jesus needed time alone? What did He gain from His time alone with the Father?
4. At Sunday’s service, Pastor Scott addressed the “lost art” of solitude, encouraging us to teach our children. How do you see solitude as a lost art? How can we go about recapturing it?
5. Have someone read Psalm 23:1–3. How is the Lord your shepherd? What do the green pastures and quiet waters mean to you?
6. How often do you have quiet, alone time with God? How do you spend that time?
7. Take turns reading aloud from Psalm 1. What does it mean to meditate on the Lord’s law day and night?
8. What are the results of meditating on His law day and night?
9. In what ways could you increase your meditation on God’s word?
10. This month’s memory verse is Proverbs 4:23. How could you and your group meditate on this verse this week? Share ideas, and make a commitment.
11. Use the first 3 verses of Psalm 1 as a model to pray for one another.