



**CROSS POINT
COLLEGE**

GROUPS

November 2021

Week 2



SOLITUDE

Luke 5:15-16

¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

In this scripture, we see that even at the height of Jesus' ministry, solitude and prayer with the Father was vital to His life. But like Sydney said, and for many of us, it seems like intentional solitude with God is not very common — often because we have a fear of missing out on something else.

QUESTIONS

What are some things that stand in your way and keep you from finding solitude with God?

Have you ever intentionally sought solitude with God?

If so what are some of your best experiences in solitude?

LET'S MAKE A PLAN

Make a plan this week to seek some intentional time of solitude with God. This time can be for 20 minutes or 2 hours; there is no time requirement here. Then, share your plan with your group and try it out this week.

REMINDERS

Jenna talked about journaling during times of solitude. This is a great way to remember the things that happened during that time and what you felt God was sharing with you.

Cole reminded us that we don't always have to be speaking to spend time with God. Take some time in your solitude this week to just be with God, no strings attached.