

# SUNDAY TO EVERYDAY

## Rewired Week 7: Solitude

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### Weekly Scripture

Mark 1:35, Isaiah 30:15, and Psalm 46:10

*"Loneliness is inner emptiness. Solitude is inner fulfillment."*

— Richard Foster, *Celebration of Discipline*

### Discussion Questions

1. Why do you think Jesus often withdrew to solitude, even in the height of His ministry? What does this reveal about His relationship with the Father?
2. How is solitude different from isolation or loneliness? What inner attitudes separate the two?
3. How might God use silence and stillness to reveal truth about Himself—and about you?
4. What are the "noises" (digital, emotional, relational) that most often drown out your ability to hear from God?
5. How comfortable are you with silence? What does your reaction to silence reveal about your inner life?
6. In what ways might solitude actually make you more loving and compassionate toward others?
7. When was the last time you felt truly at peace in God's presence, without the need to perform or prove yourself? "keeps you motivated to keep running the race?"

### Practice Solitude

#### Practice: The Chair of Solitude

- Set aside 15–20 minutes daily this week. Find a quiet spot (a literal chair, park bench, car, or corner of your house).
- Begin by reading one of the above Scriptures slowly.
- Sit in silence before God—no requests, no performance, just presence. When distractions come, gently return your attention to this prayer:
- "Here I am, Lord."
- End with gratitude. Ask God to let the peace of His presence shape how you re-enter your relationships and work.

▶ [WATCH THIS WEEK'S MESSAGE](#)

*Find a quiet space to listen with intention.*

