



WEEK 6: ABIDING THROUGH SOLITUDE

DISCOVER

Begin by discussing question 1 below. Then, [watch the Week 6 teaching video](#). Use the provided guide to follow along and write down any personal insights you gain or questions that come to your mind.

DISCUSS

Use the following questions to help guide your group discussion. Remember that it isn't necessary to discuss every question. Feel free to focus on as many or as few as you'd like.

- #1 - Have you had an opportunity to try fast since we last meet? Have you made a plan for the future?
- #2 - Is engaging in silence and solitude easy or difficult for you? How come?
- #3 - Based on the video, what insights did you gain? Any practical ideas come to mind?
- #4 - What do you think a regular practice of solitude would do in and through your life?
- #4 - Of the different approaches given for solitude--limiting your senses vs. immersing your senses--which one do you think might work best for you? Discuss.
- #5 - As you look back over the last 6 weeks, share about any "wins" that you've experienced.

DISPLAY

- Identify one step of obedience you want to commit to taking over the 7 days in regards to abiding through fasting.
- Now that this group is ending, what action steps might you need to take in order to continue building up toward spiritual habits?