

To Go

Solitude and Silence
Galatians 1:10–18

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July 5, 2020

1. Describe a time in your life where you knew you needed discipline, but you struggled to maintain it. What were the results of either the lack of discipline or the engagement of discipline?
2. Read Galatians 1:10–18. What does this auto-biographical portion of Scripture teach us about the journey on which God led Paul as he began his ministry? Why did God lead him to Arabia? What needed to happen in Paul prior to beginning his ministry?
3. Look up the following passages. Psalm 62; Lamentations 3:25–28; Isaiah 30:15; Mark 6:31; Luke 6:12–13; James 1:26; Proverbs 17:27–28; Ecclesiastes 3:7; James 1:19. Make a list of what these passages teach us about the importance of solitude and silence in our spiritual lives?
4. In what ways can you employ the practices of solitude and silence to grow in your spiritual life? Pull out your calendar for this next week and mark down 5 different locations on it where you can spend intentional time with God. Keep a brief journal of those times and at the end of the week, ask God for direction for how to continue to grow in this area. Then, schedule another 5 time slots on next weeks calendar. Keep it going!