

Practice of Solitude

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Mark 1:29-39

1. Solitude is being somewhere out of sight or sound of other people somewhere where you cannot observe or interact with other people. Can we ever go somewhere away from God's presence? What is the difference between isolation, loneliness and solitude?

2. Do you ever seek solitude in your life? How does being in solitude make you feel?

3. Read Mark 1:29-39.

4. Imagine you were one of the people who had been watching all that Jesus did that day.
 - a) How would you describe that day, and your feelings, and expectations for tomorrow?

 - b) Now, imagine you are Jesus. How would you describe that day?

5. Why did Jesus get up very early the next day and go to a lonely place to pray? What do you think he prayed about?

6. What decision did Jesus make the next day when the people found him? Does that tell you anything about his prayers that morning?

7. What do we learn about the priority of Jesus' ministry in verses 38-39?

8. Did Jesus have a habit of praying in solitude? Can you find any verses or examples in scripture that confirm or refute your answer?

9. Do you ever have people placing expectations on your life? How do you decide the right thing, or what takes priority?

10. Describe to the group the different times and places where you pray. Do you ever pray in solitude?

11. Which setting for prayer to you prefer? In a church service, small group of people, one on one, in solitude? Why?

12. Do you use any aids for prayer? What do you find helpful for your prayer life?

For further reading about the practice of Solitude, read [Invitation to Solitude and Silence](#) by Ruth Haley Barton.

