

Week 3: Solitude

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from solitude practice**
 1. Is solitude a practice in your life right now?
 2. What are some examples of internal noise in your life? What are some examples of external noise in your life?
 3. What do you hope the practice of solitude will add to your life? What support do you need from this community as we go on this journey with God?
 4. How did your practice of solitude go this week?
 5. Where did you experience resistance in solitude?
 6. In what ways did you encounter God in solitude?

3. Accountability questions (25-35 minutes)

- ***When your group is getting started***
 1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
 2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?
- ***And then, when your group is ready***
 3. Do you have any sin to confess?
 4. Is there anything you desire to keep secret?

4. Homework for Week 4

- Watch **Prayer** video: “Talking with God” (29:32)
 - <https://thefreshwater.church/2026/01/practice-prayer/>
- Practice prayer (optional: download companion guide)