

CHURCH

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This week, Pastor Brett reminded us that solitude is intentionally creating space to be alone with God. In those quiet moments, God speaks, revealing what is happening in our hearts, renewing our strength, and deepening our dependence on Him. As we begin our discussion, let's ask God to help us embrace the habit of slowing down so we can hear His voice more clearly.

JOSHUA 1:8

- Find renewal by remaining connected to Jesus instead of relying on your own strength.
- Mark 6:31; John 15:4-5; Psalm 62:1

Talk About It

- What's the first noise you hear in the morning? Is it your phone, or is it you Father?
- Jesus intentionally withdrew to spend time with the Father. What can we learn from His example that challenges the pace of our own lives?
- Have you ever experienced God speaking most clearly during a quiet season? What did that teach you?
- How does spending time in God's presence change the way you approach your responsibilities, relationships, or decisions?

**If we fill every moment with noise,
we leave little room for God's voice.**

Prayer

Father, thank You for inviting us into Your presence. Help us slow down, quiet our hearts, and make space to hear Your voice. Search us, renew us, and teach us to depend on You more each day. May we find true rest and strength in Your presence. In Jesus' Name. Amen.

Next Steps

- Schedule at least 15 minutes of uninterrupted solitude with God each day this week.
- Remove one regular distraction (phone, TV, social media, or music) and replace it with daily time with God.
- Ask God to reveal the areas of your heart He wants to heal, and write down what He shows you.