

# Hungry

## **“Solitude”**

### **PREPARATION**

- Familiarize yourself with this Study Guide.
- If you missed it, watch the sermon online [HERE](#).
- Spend some time in prayer before your group gathers.
- As a leader you **always** have the option to use some or all the questions and/or prepare your own questions.

### **DISCUSSION**

#### **Opening Prayer:** (1-5 minutes)

*In light of what God is saying through this week's message, here's some suggestions of how your group can invite God into your time together.*

Thank the Lord for sending Jesus to live a life that shows us how we can be completely sustained by God. Pray that the Holy Spirit would expose our physical and spiritual cravings by teaching us how to access the spiritual nourishment of our Father! Finally pray for strength and patience as we learn to engage with several different spiritual disciplines!

#### **Discussion:** (30 minutes)

##### What's Going on This Week

This Sunday, Pastor Charles led us into our third week of the series titled *Hungry*. Pastor Charles led us into the scriptures to point out the many times Jesus withdrew from the crowds to find a moment of silence and solitude with God. Pastor Charles goes on to explain several benefits of finding solitude in our daily lives and challenges all of us at 3Crosses to become aware of God's presence, review our days with gratitude, pay attention to our emotions, pray for one feature of our day, and look forward for a new tomorrow.

“When we get alone with God, we grow our hunger for God and strengthen our soul by coming to the only one who can satisfy! ”— Pastor Charles Homer

## Suggested Questions

**Check-In:** Review *Matthew 4:1-4; Luke 5:27-35; Isaiah 58:1-12*: Last week, our group discussion revolved around the reasons why Christians engage with fasting. We discussed how fasting can easily morph into a religious ritual. However, when we fast to long for our heavenly home, loosen the grip of sin, express a need to God, or anticipate God's movement, the Lord tends to show up in remarkable ways. What specific reason have you resonated with in your practice of fasting and how has the Lord revealed himself to you as you have practiced fasting?

- *Read Genesis 15:1-6, 24:62-67; Exodus 34:27-35; 1 Samuel 3:1-14; 1 Kings 19:4-21; Matthew 3:1-6; Galatians 1:11-24*: Pastor Charles begins the sermon by discussing how our souls are hungry for stuff, security, and success. On one end of the spectrum, we may find ourselves perpetually stressed wondering when our next “hit” of satisfaction will come. On the other hand, we may find ourselves having indulged in the pleasures of this world, yet left completely dissatisfied. Considering the circumstance of each character, what stands out to you about how God reveals Himself in these Biblical examples of solitude? Where do you find yourself on the spectrum of anxiety and dissatisfaction?
  
- Pastor Charles uncovers several different purposes for the practice of solitude by looking at the context in which Jesus retreated to seek God. What are the purposes of solitude that resonate with your circumstances? What is your current practice of solitude and how can you improve it to look more like Jesus’ life?:
  - Forming Your Identity (*Matthew 3:16-4:4; Luke 9:18-27*)
  - Seeking Wisdom (*Matthew 17:1-2; Luke 6:12-16; James 1:5*)
  - Peace Beyond All Understanding (*Mark 6:30-32; Philippians 4:7*)
  - Dealing with Success (*Mark 1:35-39; Matthew 14:10-21; Luke 5:12-16*)
  - Preparing for Spiritual Battle (*Matthew 4:1-4, 26:36-56*)
  
- *Read Psalm 46:10; Matthew 6:5-18*: Pastor Charles concludes by challenging the church to engage with Solitude by minimizing our technology use, becoming aware of God’s presence, reviewing our days with gratitude, paying attention to our emotions, praying for one feature of our day, and looking forward for a new tomorrow. How will you take your first step into solitude this week? What can you do to find a time of solitude daily?

### **Closing Prayer: (5-15 minutes)**

*In light of what God is saying through this week's message, here's some suggestions of what your group could talk about with God in prayer.*

Thank our Heavenly Father for sending His son Jesus to present us an opportunity to access God's spiritual nourishment! Pray that the Holy Spirit would continue to teach us how to offer our cravings and desires as a holy and pleasing sacrifice as we seek to fulfill our souls by being in communion with God!

### **THROUGHOUT THE WEEK**

- **Find out how to pray for two people in your group this week!** Encourage them to take some time in their day to practices solitude with the Lord! Identify the things that prevent you from being still and develop a strategy to minimize your obstacles!

-**Engage in a fast from food on Mondays alongside the rest of 3Crosses!** Continue to remind yourself that fasting is to long for our heavenly home, loosen the grip of sin, express a need to God, and anticipate God's movement! Perhaps combine solitude in your practice of fasting and be prepared to share your experience!

- **Home Communities will be on break during the Summer!** Sign-ups for season 3 of Home Communities begins late August! If you have any questions, feel free to email AJ at [avanegas@3crosses.org](mailto:avanegas@3crosses.org)