



Sermon Discussion Guide

March 19th, 2023

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: God uses solitude and silence to help us trust Him.

Life Sharing: (answer one)

1. What is the loudest noise you have ever heard?
2. What is the difference between being alone and being lonely?

Transition / Open in prayer:

3. What does the daily schedule of someone who wants to hear God's voice look like?

Life Examination:

READ Psalm 37:1-8

4. What causes people to fret, according to this Psalm?
5. What does it mean when David writes, "Delight yourself in the Lord"?
6. When did David have to wait on the Lord and learn to trust that God would make a way through hardship?
7. Why does anger often accompany anxiety?

READ Luke 4:1-13

8. Why do you think the Spirit of God led Jesus into the wilderness to be tempted?
9. What did the devil use to tempt Jesus?
10. How did Jesus defeat temptation?

Life Application:

11. If you had a friend that was struggling to trust God's timing and plan, what would you encourage them to do?
12. What are some ways you create or find solitude?
13. What can we do during times of solitude to help us grow in our faith and train ourselves for godliness?
14. In what circumstances does temptation show up?
15. How can we leverage temptation to build spiritual strength?

Life Prayers: Pray for one another and spend 2 minutes in silence.