



**Chapter 12: Take a Break from the Chaos**

*Silence and Solitude (137)*

- Cf. Jesus Matt 4:1; Mark 1:35; Luke 4:42; Matt 14:23

*Why Get Away? (138)*

*Voices in the Silence (139)*

*Beware the Dangers (139)*

*Make Room for Daily Respites (140)*

*Schedule a Special Retreat (140)*

Some ideas for silence and solitude (141)

**Next Steps: Chapter 12**

1. How did we see silence and solitude in the life of Jesus? What can we learn from this?
2. Does silence and solitude have a healthy place in your life? What benefits have you seen?
  - a. If you do not think you are healthy in this regard, how might you begin to grow in this way?
3. Does technology prevent you from having times of silence and solitude? Pray about how you might need to address this.

**Recapping Part II**

1. How would you describe the health of your prayer life? Where do you most need to grow? What could reasonably change in the next six months?
2. Do you have a trusted memory verse on prayer? What is it and how does it bless you?
3. How does praying to a personal God change how we pray? How does this encourage and help you?
4. How is the Gospel related to our prayers? How does the Gospel shape our attitude in prayer? (97)
5. What seems to be the most compelling reasons to pray with others?