

Questions for Conversation

March 16, 2025

Habits of Constraint

1 Kings 19:1-18

1. If time allows, read the Scripture passage together.
 - What stands out to you?
 - Where do you identify with Elijah's journey?
 - What does this story reveal about who God is?
2. Share about your experience with solitude and silence.
 - Have you ever encountered the transforming presence of God in a time of solitude and silence? What was it like?
 - If times of silence are a regular practice for you, what wisdom can you share with others? What tools or aids are helpful for you in this practice?
 - If times of silence are daunting to you, share that as well. What is the hardest part? What are the biggest obstacles?
3. Consider the "twin pillars" of solitude and community. John Mark Comer says: "Solitude and community are the two legs by which we travel the Way of Jesus. The problem is that many of us in the digital age never really go all the way into solitude or community. Instead we are often alone together... We are drawn to solitude like we are drawn to community, but we are also scared of it."
 - Is Comer right in his evaluation?
 - How is a habit of solitude different from simply being alone?
 - How is the solitude/community balance in your life?
 - How can your community walk with you in the Way of Jesus?
4. Take time to pray together. You are not alone!