

# Grow Up

## Life Group Leaders Guide

### Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

### Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

### Series Overview

Part of human development is being able to feed yourself. The same is true for spiritual growing up. When we drop the need to be spiritually bottle fed, and grab our own utensils, and become spiritual self-feeders, spiritual maturity is the result. In this series we will look at necessary disciplines that lead to growing up spiritually.

### Grow Up Series Schedule

Week	Sermon Date	Topic of sermon and life group
1	1/6	Self-Feeders
2	1/13	Meditation
3	1/20	Prayer & Solitude

# The Point Church Life Group Curriculum

## *Grow Up - Prayer & Solitude*

### The Big Idea

Grown-up relationships require grown-up communication.

### Flow of Study

**Icebreaker:** Share a time when you felt really close to God in prayer, or a time when you felt frustrated with prayer.

**Move #1:** Let's begin by unpacking any thoughts that you took away from this weekend's sermon.

1. Did anything stand out to you from the message this weekend? Any insights or questions?
2. If someone asked you how to pray, what would you tell them?

**Move #2:** Let's look over the passage from church this week and discuss what Jesus says about prayer.

#### Read Luke 11:1-4 (NIV)

1 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."

2 He said to them, "When you pray, say:

"Father,  
hallowed be your name,  
your kingdom come.

3 Give us each day our daily bread.

4 Forgive us our sins,  
for we also forgive everyone who sins against us.  
And lead us not into temptation."

3. How can we implement the principles of Jesus' model prayer in our own prayers?
4. How did you learn to pray? Did someone teach you?
5. Sometimes the question isn't what to pray so much as how to focus in prayer. What are some things that could help us focus more?

**Move #3:** Next let's look at a couple of passages where Jesus demonstrates the importance of taking time to pray in solitude.

**Read Mark 1:32-37 (NIV)**

32 That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: "Everyone is looking for you!"

6. What are some things that stand out to you from this passage about Jesus' schedule and how prayer and solitude fit into it?
7. Do you ever take time to go away "to a solitary place" to pray? If so, what is it about solitude that helps enrich your communication with God?
8. What are some things that keep us from getting away to pray?
9. Jesus was incredibly busy, yet he made sure that he took time to get alone and pray regularly. What are some ways that busy people can make praying in solitude a priority?

**Read Luke 6:12-13 (NIV)**

12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. 13 When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles:

10. Here Jesus went to a mountainside to pray before choosing the twelve apostles. Why do you think he did this?
11. How might your experience of God be different if you were to block out windows of time in your schedule for extended prayer?
12. Sometimes a change of scenery can help us focus on God. Do you have a place in the area that you like to go to read and pray?

**Next Steps:** The following are things you could challenge your members to do in order to take what you studied in this curriculum further.

- Pray for 7 days with the P.R.A.Y. method: Praise, Repent, Ask and Yield. Take one hour this week to get alone with God away from the distractions of everyday life.
- Continue reading and SOAPing through the books of Philippians and Colossians.

**Prayer:** End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.

## Notes and Commentary

(The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them optionally to help supplement your personal preparation.)

### What Is Solitude?

Solitude is being alone on purpose. Loneliness happens to you. A child who can't find friends to play with, a rejected lover, a new person in town—these are lonely situations. In contrast, solitude is something you choose. When I put on my running shoes and head out the door, I am choosing to be alone. I am looking forward to the benefits that come from the exercise and the opportunity to let my mind roam free as I pass by a lake, glimpse the squirrels and duck under tree branches. I am alone, but I am not lonely.

For introverted people the choice for solitude is fairly easy. Their temperament inclines them to get away from people. For extroverts being alone is almost unthinkable, because they draw energy from being with people. Solitude is important for extroverts, but it comes at a greater cost and must be managed in small doses.

Solitude is being alone for personal growth and accomplishment.... Those who are successful learn how to be alone. Whether it is an artist with a canvas, an author staring at a page, a teacher making out a lesson plan or a businessperson reviewing accounts, they know that certain things must be done alone. From that time alone a painting can be put on public display, a book may be published that many will read, a teacher can stand in front of a class, or an accounting can be given to the stockholders and the board of directors.

Solitude is being alone for personal renewal and refreshment....The soul has power to replenish if given relational space. Going for a walk alone in the woods, taking time by yourself on the back patio in the summer twilight, lying under the stars—these things bring inner renewal. Of course, if we spend time alone while we restlessly wait for others to call or come over, there is no refreshment. We only feel deprived and our energies are further depleted. The benefits come when we choose to be by ourselves.

Solitude is being alone in order to enhance our relationships. Someone has described marriage as two ticks without a dog. Facing each other with a sense of need, marriage partners bring to their marriage a sense of loneliness with the expectation that the other will take it away. We feel

this frustration in all of our relationships. The closer the friendship, the greater the expectation and, consequently, the burden. In our loneliness our relationships become greedy and needy, clinging and dependent.

When we are able to choose solitude, something happens to our relationships. Instead of expecting others to give, we have something to give. Our hearts are open to receive however much or little others can give. There is a sense of open freedom and relaxing peace in being together without demands.

Solitude is being alone in order to be with God. Imagine being in a room with a loved one and watching television while other people carry on conversations. If you want to enjoy being together and have a personal conversation of any depth, you have to get up and leave the room. When we choose solitude for quiet time, we are choosing to leave the room to be with our loved One.

When we are alone, we can discern God's presence. Martin Luther wrote, "I do not know it and do not understand it, but sounding from above ringing in my ears I hear what is beyond the thought of Man." As I sit in solitude, I frequently find that inner fullness that wells up from inside and pulls me into a deep sense of communion with God.

In solitude with God, all the other benefits of being alone come together as well. We find a sense of purpose that stimulates our creativity while bringing personal renewal and enhanced relationships. When we add solitude to efforts to set aside a time and place to be with God, we have the necessary framework for a quiet time. (Stephen D. Eyre, *Drawing Close to God*)