



SEASON 14 — EPISODE 3

Living in the Tension: Solitude and Community

GROUP QUESTIONS

1. Which comes more naturally to you: solitude or community?
2. Throughout your life, which communities have brought you closer to Christ and allowed you to become more fully human?
3. In your current season of life, have you sensed a stronger need for solitude or community?
4. What daily, weekly, or monthly rhythms do you have to cultivate community and solitude?

JOURNAL QUESTIONS

1. What obstacles do you encounter to being in communion with Christ when you enter into silence?
2. How am I tempted to perceive solitude as isolation?
3. How am I tempted to perceive being with people as community?
4. When I think about solitude and community and which one I currently need more of, how can I create space in my life to tend to that need?
5. What needs do I need to voice to someone in my life?

QUOTE TO PONDER

“Let him who cannot be alone beware of community... Let him who is not in community beware of being alone... Each by itself has profound perils and pitfalls. One who wants fellowship without solitude plunges into the void of words and feelings, and the one who seeks solitude without fellowship perishes in the abyss of vanity, self-infatuation and despair.”

— Dietrich Bonhoeffer, *Life Together: The Classic Exploration of Faith in Community*

“True silence is a garden enclosed, where alone the soul can meet its God.” — Catherine Doherty

LECTIO DIVINA

“And after he had dismissed the crowds, he went up the mountain by himself to pray.” — Matthew 14:23