

## Celebration of Discipline 7: SOLITUDE

1. **REMEMBERING** The Bible tells us that Jesus practiced the discipline of solitude before choosing the disciples (Lk 6:12), after receiving the news of John the Baptist's death (Matt 14:13), before beginning his public ministry (Matt 4:1-11), before his transfiguration (Matt 17:1-9), before his crucifixion (Matt 26:36-46), and after his disciples returned from their first mission (Mk 6:31). When do you feel the need to get away by yourself and practice the discipline of solitude?

(You may consider having these passages read aloud.)

2. **REFLECTING** How do you usually spend your solitude time and what are the results?
3. **DISCOVERING** Read the excerpt taken from Henri Nouwen's book, *Making All Things New*. If you read it silently, allow ten minutes. Be sure to mark it up. If it's read aloud in the group, it will take about seven minutes. Be sure to jot down some thoughts as you listen.
4. **CONNECTING** Which parts of this reading spoke most significantly and powerfully to you and why?
5. **RESPONDING** How will you respond to this reading and to your own need for solitude in the coming week? What is something specific you could do?

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**The endless cycle of idea and action, endless invention, endless experiment, bring knowledge of motion, but not of stillness; knowledge of speech, but not of silence; knowledge of words, and ignorance of the Word.**

- T. S. Eliot, *Choruses from 'The Rock'*