

January 19

NEXT STEPS



**"Practice: Solitude
(Encounter Oneself)"
Matthew 26:36-46**

Questions to *Dig Deeper*:

1. When you think about solitude, what do you think it looks like? Is that something you ever do?
2. How comfortable are you with solitude? What makes you comfortable (or uncomfortable) with it?
3. Jesus prays a similar repetitive prayer, that God take the cup if that is God's will. Why do you think Jesus prays this to God more than once?
4. Bill talked about giving God our feelings, desires and trust. Which of those do you find easiest and most challenging to give to God?