

1. **Read** Psalm 46:10, Habakkuk 2:20, Matthew 4:1-11 & 14:23, and Luke 6:12-13.
 - a. What does the Bible teach about solitude and silence?
 - b. What do you think are some of the benefits of solitude and silence?
 - c. What is the difference between solitude and isolation? (Genesis 2:18)
2. **Read** Deut 9:9 & 18, Daniel 9:3, Matthew 4:1-4 & 6:16-18.
 - a. What do you learn about fasting in these verses?
 - b. What are some possible benefits of fasting?
 - c. How could fasting help you with a current issue in your life?
3. **Read** Psalm 16, Matthew 26:39, Luke 11:1-4, Philippians 4:6, and James 5:16.
 - a. What do you learn about prayer from each passage of scripture?
 - b. In what areas of prayer do you need help?
4. **Read** Romans 5:3-5, James 5:7-11, 1 Peter 4:12-19.
 - a. What does this text tell us to expect?
 - b. How do we benefit from suffering?
 - c. What type of personal suffering might you anticipate?