

SUNDAY @ EMMAUS

10.15.23 Gathering #968/Livestream #188

series: Rest sermon: Solitude

exhausted

Jesus and solitary places

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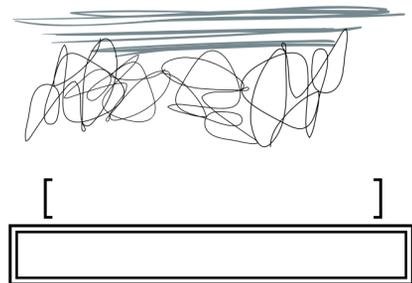
What is solitude?

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What roll does solitude play?

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- .

How does solitude work?



Who will you encounter in solitude?

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WELCOME!

We'd love to get connected!
Learn more at [Emmaus.Church](https://emmaus.church).



WHAT'S NEXT?

sign up for EVERYTHING at emmaus.church by scanning this:



- TODAY Baptism and BBQ lunch at Wallace property at 1p (6855 South Forbes Road)
 - 10.29 Emmaus is reading and praying a psalm a day. We start again with Psalm 1 on Oct. 29. Join us! ADailyPsalm.com/emmaus
 - 10.29 New to Emmaus Lunch 12:30 in the Cottage (553 F St.)
 - 11.3-5 Men's Weekend is at capacity. Please email Rich@Emmaus.Church to be added to the waiting list!
 - 12.24 Christmas Eve Sunday Family Worship at 9 & 11a.
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GOOD TO KNOW...



church website: emmaus.church



mail: P.O. Box 67, Lincoln, 95648



staff email:
[first name]@Emmaus.Church



instagram:
[emmauschurchcommunity](https://www.instagram.com/emmauschurchcommunity)



facebook:
[emmaus church community](https://www.facebook.com/emmauschurchcommunity)

QUESTIONS FOR HOME GROUPS

- We've focused on rest for 5 weeks.
 - What ideas have resonated with you?
 - What personal insights would you share?
 - What actions have you taken?
- What are your associations with or experiences with the practice of solitude?
- Read Mark 1:9-13, 35-36 and Luke 5:16.
- How is the spiritual practice of solitude different from watching a movie by yourself?
- Solitude may feel easier for introverts, but it's actually challenging for all personality types. Why?
- What are a couple examples of exterior and interior noise you'd need to work through in order to experience some level of stillness?
- Are you afraid of solitude? If so, why?
- How could you increase your practice of solitude?