



new life fellowship

Sermon Title: **Life Beneath the Surface - Solitude and Our Inner Life**

Speaker: **Rich Villodas – Lead Pastor**

Scriptures: **Luke 5:15-16**

¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

Sermon Summary:

This Sunday, Pastor Rich will continue our series on life beneath the surface. We will focus on **solitude**—a practice that was indispensable to Jesus throughout his life.

Sermon Questions:

“Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.”

1. Think back on your last week. How much time did you spend going from one thing to the next? What are the biggest obstacles to you taking time for solitude in your life?
2. How does the knowledge that Jesus regularly took time away for solitude and communion with the Father change your view of it? How does it speak to our need for solitude?
3. God longs for your company and to spend time in communion with you. When you hear that statement does it feel true or do you struggle to believe it? Why?
4. What are creative ways you can or do find time and space to get away to lonely spaces even in the busyness and crowdedness of the city? When can you take time tomorrow to take time for solitude even if for 5 min. Remember, God can do a lot with a little bit.