



Habits of a Disciple – Silence and Solitude

Dave Ellis – 01 Feb 2026 ([watch talk here](#))

This week's talk explored how silence and solitude reshape how we see, hear, and live.

Silence is not just the absence of noise, it's the practice of lowering our defences so we can notice God's presence and truth. **Solitude** is not loneliness; it is chosen withdrawal to be with God so we can return to people with love and clarity.

Key verses

- Mark 1:35 – Jesus withdraws to pray in solitude
- Genesis 3:1–7 – Distorted sight in the garden
- Genesis 4:6–7 – Cain's distorted hearing
- 1 Samuel 3:1–10 – Samuel learns to recognise God's voice
- John 16:13 – The Spirit of Truth guides us into all truth

Reflection

Invite the group to share briefly where they naturally find quiet or stillness in their week (e.g., shower, driving, walking, gym, late night)?

Discussion Questions

Seeing: The talk suggested: "Most of us don't see things as *they* are; we see things as *we* are."

- Where have you noticed your fears, pride, or experiences shaping how you see God, others, or yourself?
- In Genesis 3, humanity shifts from trusting God to managing life. Where do you notice this pattern in your own life?

Hearing: Samuel learned to recognise God's voice through humility and attentiveness.

- What voices are loudest in your life right now (culture, anxiety, social media, expectations, etc.)?
- How do you personally distinguish between God's voice, your own thoughts, and cultural pressure?

Living: Jesus modelled a rhythm of retreat and return.

- What might retreat look like in your ordinary week (commute, walk, shower, quiet room, movement)?
- What would it look like to return differently—more loving, honest, or humble?

Practice for the Week (Choose One)

Encourage the group the goal is to grow in honest attentiveness to God so experiment!

The Commute Practice	Movement Silence	The Shower Prayer
Turn off music or podcasts for 5–10 minutes while travelling. Simply say: <i>"Speak, Lord, your servant is listening."</i>	Walk, jog, or stretch without headphones. Notice what thoughts or defences surface.	Let the water run and ask: <i>"What am I defending right now?"</i> <i>"Where do I need humility or apology?"</i>

Closing Prayer (Leader or Group)

"Spirit of Truth, teach us to see as You see, to hear as You speak, and to live as Jesus lived. Quiet our defences, soften our hearts, and lead us into Your truth. Amen."