

Day 1 | Read Psalm 46:10, Habakkuk 2:20, Matthew 4:1-11, Matthew 4:14-23, and Luke 6:12-13

1. What does the Bible teach about solitude and silence?
2. What do you think are some of the benefits of solitude and silence?
3. **Read Genesis 2:18:** What is the difference between solitude and isolation?

Day 2 | Read Deuteronomy 9:9 and 9:18, Daniel 9:3, Matthew 4:1-4 and Matthew 6:16-18

1. What do you learn about fasting in these verses?
2. What are some possible benefits of fasting?
3. How could fasting help you with a current issue in your life?

Day 3 | Read Psalm 16, Matthew 26:39, Luke 11:1-4, Philippians 4:6, and James 5:16

1. What do you learn about prayer from each passage of Scripture?
2. In what areas of prayer do you need help or need to grow?

Day 4 | Read Romans 5:3-5, James 5:7-11 and 1 Peter 4:12-19

1. What does this text tell us to expect in this life?
2. How do we benefit from suffering?
3. What type of personal suffering might you anticipate?