

# Rhythms: Prayer (as Withdrawal)

*The most intentional and prioritized spiritual practice in the life of Jesus was the practice of withdrawing alone to pray.*

## Teaching

*Jesus withdraws to pray.*

1. The Gospel writers recorded \_\_\_\_\_ separate times that Jesus withdrew to pray in \_\_\_\_\_. Luke mentions that he practiced this \_\_\_\_\_. (Luke 5:16).
2. He withdrew to pray in “\_\_\_\_\_”
3. He withdrew to pray at \_\_\_\_\_ times of the day and for various \_\_\_\_\_ of \_\_\_\_\_.
4. He withdrew to pray in response to many different \_\_\_\_\_.
5. He taught often about the \_\_\_\_\_ of \_\_\_\_\_.

*Why do we find praying difficult?*

1. The rhythm and demand of modern life simply has very little room for taking quality time to pray.
2. We feel guilty, scared and uncertain when we are left alone with ourselves and God.

*How can we practically build “withdrawing to pray” into our days?*

1. Plan
2. Commit to the \_\_\_\_\_ even when you feel \_\_\_\_\_ at it.
3. Begin and end all time in prayer \_\_\_\_\_ of the \_\_\_\_\_ of God.
4. Handle distractions \_\_\_\_\_.

---

## Deeper Dive

Jesus taught us how to live. The way He lived was to prioritize time alone with God.

If we are going to take seriously the teachings and practices of Jesus, then we must prioritize prayer.

The fruit of this study should not be more study. It should be communion. Towards that end, it is vital that groups encourage one another with their stories of when they have met God by withdrawing to pray.

It is also important that we help one another prioritize this for this upcoming week. The enemy is against this type of communion and would love to bury this as another small group topic.

Encourage one another to get a specific time, place to be with Him for an extended period this week.

---

## Reflection & Discussion

1. How do you imagine Jesus spent His time with the Father in solitude?
2. Why do you find this difficult to do in your own life?
3. When have you taken specific time to be with God in prayer for a chunk of time? How was that experience for you? What did you learn about Him or yourself?
4. Is there a time this week or next you could plan on this? Could we return as a group having done this and talk about what happened?

### SPIRITUAL PRACTICE IDEA:

Extended Time of Communion:

1. Set a date, time of day and length of time where you can be alone with God.
2. If you are able, do not use Christian books, music etc. as “scaffolding” for this time.
3. Remember these principles of solitude in prayer.
  - a. When there is silence, don’t force yourself to fill it.
  - b. When there is frustration, ask non-judgmental questions to it. Why does this bother me? Why is this hard for me? Where do I feel attacked?
  - c. When you are distracted, be thankful for another chance to return.

### Additional Resources:

- Book: [\*Praying Like Monks, Living Like Fools\*](#) by Tyler Staton.
- Article: [Silence and Solitude](#) by Kent Hughes