

FAITH FORMATION IS



Solitude

Myers Park
PRESBYTERIAN
CHURCH

myersparkpres.org/discipleship

FAITH FORMATION IS: **SOLITUDE**

Faith Formation can happen through journaling, drawing, or sitting in silence reflecting on life. Use the questions and prompts below as a starting point to see what God is up to in your life.

If you engage with the prompts below, consider sharing your experience with a friend or family member this week.

What place, person, or activity brings you peace?

Reflect upon God's peace in these moments, close your eyes, take a few deep breaths, and rest in God's presence.

**Who is on your heart or mind today?
How might you pray for them?**

Where have you seen beauty lately? How might you describe or draw this beauty?

Pause, choose an object around you, and zoom in on its details. What do you notice?

Now zoom out and try to take in the totality of the space around you, what do you notice? Reflect upon God's intimacy and grandness.

Who in your life are you thankful for?

Consider writing them a note.

What burdens are present in your life?

How might you invite God and others to share in those burdens?

Read the scripture passage from the sermon this week.

What word or phrase stands out to you? What questions do you have? What does this passage say about who God is, who we are as people, and what God is calling us to do in the world?

Faith Formation is the practice of bravely walking with others through the depths of loss and the heights of joys. Through faith, we navigate these highs and lows of life through union with God, strengthened by the presence of Jesus in His death and resurrection. When we pause in our everyday experiences, we are open to the divine among us.