



CULTIVATING A HEART CAPTIVATED WITH JESUS

CENTRE CHURCH
SUNDAY, JANUARY 3, 2021

WEEK 1: SOLITUDE

LUKE 4:1-2, 42-43

MESSAGE SUMMARY

Heart Habits looks at the beginning of Jesus' ministry in Luke 4, searching for specific habits and disciplines Jesus engaged in to maintain a healthy heart in the midst of the chaos surrounding him. These same habits will help Christians cultivate a heart captivated with Jesus even in the midst of uncertain times.

What is solitude? *Solitude is intentionally reducing the noise in your life, quieting your soul, and seeking the presence of your Heavenly Father.*

Where do we see solitude in the life of Jesus (Luke 4)?

¹ Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.
Luke 4:1-2

⁴² At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. ⁴³ But he said, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent." Luke 4:42-43



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MESSAGE NOTES CONTINUED . . .

What's so powerful about solitude?

Solitude brings you closer to God.

Solitude fights against the heart disease of distance.

Solitude makes you a more fully-devoted disciple.

Jesus answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind". Luke 10:27

How do you practice solitude?

Remove distractions.

Quiet your soul.

Seek God's presence.

Repeat regularly.

HEART HABITS



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WEEK 1: SOLITUDE D-GROUP DISCUSSION GUIDE

GET TO KNOW YOU

As this is the first D-Group for this series and there may be folks who don't know each other, spend a few moments introducing yourselves.

The beginning of a year is typically when people make New Year's resolutions. What types of New Year's resolutions have you made in the past? Are you making any resolutions this year? How long do you typically stick with your New Year's resolutions? Why do you think that is?

DISCUSSION QUESTIONS

- 1. The first heart habit we see in Luke 4 is the discipline of solitude. Look at the working definition of solitude from the Message Notes. How is solitude similar and how is it different than the isolation many people have experienced during the pandemic?*
- 2. Read Luke 4:1-2, 42-43 and try to put yourself into Jesus' shoes at the beginning of his ministry. Try to see things from his perspective. Why do you think solitude was so critically important to Jesus that he practiced it regularly? Are any of those reasons still valid reasons for Christians today?*
- 3. Look at the notes where Pastor Josh talked about why solitude is so powerful. As you have practiced solitude in your own life, what difference has it made? Why do you think it's so easy for Christians to fail to practice solitude?*
- 4. Look at the notes where Pastor Josh talked about how to practice solitude. How do you practice solitude in your own life? Where do you go or what do you do you engage with God on a regular basis? What other tips or best practices would you share about solitude?*
- 5. D-Group Assignment: be intentional to practice solitude this week and come back next week ready to discuss how you encountered God through solitude.*

Finish your time together with prayer. If you would like Centre Church to pray for anything in particular for you, let your D-Group Leader know.

D-GROUP LEADERS INFORMATION

D-Groups are online, sermon-based discussion groups at Centre Church. Whether you're a lifelong member of Centre Church or a joining us online from around the world, D-Groups are your opportunity to discuss Sunday's message, develop your faith and grow as a disciple of Jesus.

WHAT ARE MY RESPONSIBILITIES AS A D-GROUP LEADER?

There are four main things we ask you be responsible for as a D-Group Leader:

- 1. Lead the D-Group discussion.** *Everyone should have watched (or heard) the message prior to the D-Group meeting and discussion questions are already provided. Your task is to facilitate the conversation, to make people feel welcome, to keep things flowing in the right direction.*
- 2. Pray for your D-Group members by name daily.** *During your time together, God can do mighty things in the lives of your D-Group members (and yours as well). It is your privilege to pray for your members by name daily, asking God to move mightily in their lives.*
- 3. Identify and encourage a next step for your D-Group members.** *Every person has a next step in their relationship with Jesus. Look for next steps your D-Group members might take in their faith and encourage them in those. Examples of next steps are listed in FAQs.*
- 4. Connect your D-Group with Centre Church.** *Centre Church wants to come alongside to strengthen and encourage your D-Group. If you haven't already, register your D-Group with Centre Church so that we can follow up with you, keep up with attendance through the links provided, and pass on any prayer requests and feedback to Centre Church staff for follow-up.*

FREQUENTLY ASKED QUESTIONS

What online platform do I use to host the D-Group meeting? *Whatever platform is the most comfortable for you to use. There are both paid (e.g. Zoom) and free (e.g. Google Hangouts) options available. Set up the meeting and share the link with your D-Group members. If you'd like to open up your D-Group, you can also publicize your group through Centre Church and we will provide a Microsoft Teams video link you can use for no charge.*

How long does a D-Group last? *D-Groups are designed to be short-term groups that last as long as the sermon series or Bible study lasts. These short-term groups allow people to meet new people and study new topics without a long-term commitment. If your D-Group wants to continue to meet after the series or Bible study is over, your group can convert to a Community Group, which is a long-term group that meets either online or in person.*

What are some examples of next steps? *A person surrendering their life to Jesus, getting baptized, taking the Next Steps Track, partnering with Centre Church (church membership), giving financially, serving as a volunteer, meeting with a pastor, going on a mission trip, plugging into a long-term Community Group.*

What do I contact if I need help? *If you have any questions or need some help with your D-Group, please contact abigail.parker@cbcva.org and she will get you the help you need!*