



SURVIVAL SKILLS PART 2 - RETREAT

Luke 5:16 NLT

But Jesus often withdrew to the wilderness for prayer.

Family Discussion Activity

- How did the silence in today's video make you feel?
- How do you think silent prayer time could either help calm your mind or help keep your mind calm?
- Do you think there should be more room in your life for silence? Why or why not?
- What does silence have to do with sensing God's presence or feeling like He's speaking to your heart?
- Read **Luke 5:16 NLT**. Why do you think Jesus went to pray by Himself often? How do you think we can follow Jesus' example—even when we're in the middle of a busy season of life?
- Where do you think you could go when you want to have some quiet time with God? Ideas: Outside, in your room, in a closet, under your blankets, etc.
- It can take practice to get used to silent time with God—and to feel its effects begin to add calmness and rest to your body, mind, and spirit. How long do you think you could practice silent prayer for each day this week?

