

HABITS HEALTHY HEART

SOLITUDE

Reflect on Jesus' habit of solitude.

- Luke 4:1-2, 14-15
- Luke 5:15-16
- Luke 6:12-13
- Matthew 14:23
- Matthew 14:10-13

Why did Jesus need to get away during these specific times?

What are some things that are on your mind today?

What things keep you up at night?

You can't pour out of an empty cup.

- How full is your cup right now?
- What are some things you can do to refill your cup?
- Where and when can you carve out times of solitude?

When have you intentionally slowed down to spend time with God? What did that experience teach you about the importance of solitude?

3 RELATIONSHIPS CONNECTOR

OUR RELATIONSHIP WITH GOD

the rhythm of *Passion*

Carve out intentional and consistent time to spend alone with Jesus.

Take 5 minutes a day to simply listen to God.

OUR RELATIONSHIP WITH GOD

the rhythm of *Identity*

God told Jesus he was loved and valued before he did any miracles or teachings (Luke 3:22). Listen for God's words of love and affirmation for you this week. Write down what you hear.

Find out more information about the 3 Relationships and their rhythms at bellefontefaith.com/3R