

Loop – Talk it Over Guide - Survival Skills

Retreat



Icebreaker Question

How long do you think you could go without making any noise?

This Week's Big Question

What distractions do you need to turn off this week?

The Verse

Luke 5:15 NLT

"But Jesus often withdrew to the wilderness for prayer."

YouVersion Bible Plan

Make sure to check out the YouVersion Bible Plan associated with this series:

[How to Survive Middle School and Beyond](#)

Choose questions for your kids:

1. How did the silence in this week's video make you feel?
2. How do you think silent prayer time could either help calm your mind or help *keep* your mind calm?
3. Do you think there should be more room in your life for silence? Why or why not?
4. What does silence have to do with sensing God's presence or feeling like He's speaking to your heart?
5. 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?
6. Where do you think you could go when you want to have some quiet time with God?
7. It can take practice to get used to silent time with God – and to feel it's 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?