



Silence and Solitude

HELLO

Now we are in week three of our series. It's been pretty easy so far because we have mostly talked about the things we already know. Life is a hurried experience for most of us and it doesn't result in peace and a better life. This week it gets hard. Prepare yourself, we are starting to talk about solutions. At first it makes us say "Finally!" Then we realize, "I'm not very good at doing what will slow me down and make life more peaceful." Let's try anyway.

Do you prefer a fast or slow-paced life? Tell us why.

Is silence a friend or foe?

GROW

Do you remember the What Would Jesus Do (WWJD) fad? Did you wear the bracelet or the t-shirt? We can roll our eyes or laugh about it now like so many past Christian fads, but this series is reminding us that doing what Jesus did never goes out of fashion. On the contrary, if we did it more, life would be much better and more challenging at the same time.

We all know hurry is hurting us. How is it hurting you and those around you?

Read Matthew 11:28-30

Stop here and pray. Read it as the beginning of the prayer.

How has Jesus brought more peace into your life?

Read Galatians 5:16-26

When you are overcome with hurry and busyness, how does that effect your fruits of the Spirit (vs 22-23)?

Where do you struggle most following the Spirit's leading?

M O V E

We said it's time for some solutions. There are practical and time-tested responses to our life-control challenges. Of course, the biggest obstacle we usually run into is ourselves. Let's begin to change and go in a better direction.

What will it take for you to reduce or just get off technology so you can rest and find peace?

What is a benefit of being bored? How can it lead to spiritual awakening?

P R A Y

Nothing will make you feel more like a community than this time. Share your joys, your burdens, your victories, your fears. This is the place to do it.