



Group Discussion Guide: Rhythms | May 22, 2022

Open your time together with a question to catch up on each other's weeks (15 minutes).

Ask, "What have the highs from your past week been? What have been the lows?"

Once you've finished catching up, take a moment to still yourselves. Then, have someone pray over your time together.

Read Scripture, go over the sermon, and share your thoughts and reflections (45 minutes).

- What challenged you from this sermon? What resonated?
- In his message, Dan defined silence and solitude as, "Retreat from the noise, distractions, and busyness of the world in order to be alone with God, listen to God, and respond to God." How "noisy" is your life? How do you think the "noise-level" of your life affects your ability to cultivate your relationship with God?
- What has silence and solitude as a practice looked like in your life up to this point?
- **Read Mark 1:12-13, 35; 6:30-31; 14:32-35.** After reading these verses, how would you describe Jesus' rhythm of silence and solitude? What did Jesus *do* in these moments of silence and solitude?
- Before Jesus inaugurated his ministry, chose his disciples, went to the cross, and more...he spent time in silence and solitude. Do you have a good rhythm of retreating before engaging the world like Jesus? Why or why not?
- In his sermon, Dan mentioned we should prioritize silence and solitude in four areas of our lives: (1) In the everyday; (2) In seasons of crisis and fear; (3) In seasons of loss and grief; and (4) In seasons of loneliness and uncertainty. Which season do you find yourself in right now? How can you practice silence and solitude amid it?
- How can you make times of silence and solitude more God-centered like Jesus shows us?
- What is one way you plan on practicing silence and solitude this week?

Practice silence right now (10 minutes).

Take a few moments to sit in silence together as a group. Set a timer on your phone for 10 minutes and, as a group, enjoy the quiet. Have each person focus on their breathing, taking deep breaths in and out. The key is to quiet ourselves before the Lord and just be with Him. He is with you all right in this moment.



As you begin, read **Psalm 46** over your group. Then, practice silence.

As you do this exercise, you may experience agitation. Your group members may experience unwelcome thoughts and feelings about doing this. That's okay (a good thing, actually)! Many times, things bubble to the surface when we sit alone in the quiet that we wouldn't have otherwise noticed had we been running rampant through our day-to-day lives.

After 10 minutes, debrief the experience with the questions below.

Debrief that time of quiet (10 minutes).

- How was that experience for you?
- Was there any restlessness or agitation in you? What other feelings did you experience?
- Did God stir anything in your during this time? What was it?

Finish with intercessory prayer (10 minutes).

Finally, like each week, finish your group session with prayer. You might designate someone in your group to write down everyone's prayer requests and then send them to the whole group for everyone to be praying about through the week.

- What is on your heart that you need prayer for?
- Who in your life needs prayer?

Have someone close in prayer.