

### **Matthew 11:28-30**

**28** Come to me, all who labor and are heavy laden, and I will give you rest. **29** Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light.”

### ***Discussion/Journal Questions***

How is everyone doing with the Resolve 2021 goals? How is your time in prayer, Bible, and Christian community going?

What do you think about the idea of silence and solitude? Is it an idea that appeals to you? Or does it repulse you? Why?

What are some of the reasons we avoid silence and solitude?

Read John 15:1-8. How do the spiritual disciplines of silence and solitude help us connect with the Vine?

How does noise and busyness work to disconnect us from Jesus?

Read James 1:19-20. How does the regular practice of silence and solitude help us love others well?

How does this practice develop our ability to say “No” to things that distract us from serving Jesus?

With your group, make a plan to practice this discipline over the next two weeks. Hold each other accountable for practicing this discipline.

**Who are you praying for to accept Jesus, and what specifically did you do this week to interact with them?**

**Who are you currently discipling, and what specifically did you do this week to help them know, love, and follow Jesus?**

**Who are you considering for future discipleship relationships, and what specifically did you do this week to interact with them?**