



Message Discussion Questions

12/11/2022

SERIES: All is Calm

WEEK:#2

MESSAGE: Mindfulness

COMMUNICATOR: Pastor Kevin Geer

CENTRAL TEXT/S: Luke 2:19

CHECKING IN: How was your week? What was one of the highlights? Share wins (things God did that moved his mission forward and you closer to Jesus). What did you put into practice from last week's discussion?

QUESTIONS TO CONSIDER AND DISCUSS: Choose questions that will work best for your group. Feel free to add to or ask a question in a different way than is written.

1. What does your life look like when you are extremely busy, hurried and stressed? What are some specific examples? How does your body react? How do you act around others during this time?
2. In Luke 2:19 we see that Mary knew how to be present in the moment. When are you most present in life? What helps you to be present with others? What helps you to be present or mindful of God during your week?
3. In Matthew 6:6 Jesus instructs us on the disciplines of prayer and solitude. What could this verse look like in your life? How could this type of prayer benefit you and those around you?
4. A huge part of "mindfulness" is slowing down your mind and focusing your thoughts on God. Read Colossians 3:1-3. How do you interpret and apply vs.2? What does it mean to have your life "hidden" with Christ in God?
5. In Luke 5:16 we learn that Jesus made it a point to withdraw to a quiet place to pray. Our strength comes from God and can only be strengthened by spending time with him. What is one practice you can do this week to improve your time with God? Try to be specific.
6. With God we can know perfect peace even in a world full of chaos. Being mindful by having our thoughts focused biblically on God our whole mental health can be transformed to health and peace. What are 3 ways we can live a life towards better mental health?
7. Who encourages you and or keeps you accountable to spend quality quiet time with the Lord? What does your quiet time consist of? Who could help enhance your "quiet time"?
8. Read John 14:27. What is Jesus saying to you from this verse? How will you receive and enjoy this gift from Jesus to you this week, this holiday season, at work or on your campus?
9. Read and do Psalm 131:2a. As a group, take 60 seconds (have someone time it) and remain in silence asking the Holy Spirit to speak to your heart. It may help you to close your eyes. After 1 minute, share some of your thoughts, insights and observations of your time in silence before God. Remember no snoring!
10. Read Psalm 19. What speaks loudest to you from the passage? What verse do you need to take more time "pondering in your heart" this week and why? Read Psalm 19 a few times during the week as a means of silence and solitude before the Lord. Share your thoughts with someone in the group.

TRUTH DEMANDS A RESPONSE! What is one action step you will take this week in response to our discussion? Be specific. Try attaching a name and date to your action step.

1. _____.



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WANT TO GROW DEEPER? We have created some resources to help you grow. Check out and explore the ***Experience God*** page. Go to **canvas.church/grow** or ***Experience God*** on the App. **Read and apply the two spiritual disciplines *Silence and Solitude* and share your experience with your group and with us.**

GROUP PRAYER OPTIONS:

- **Prayer Question:** "What's going on in our lives that we can involve Jesus?"
- **Ask:** What was one praise and one challenge you experienced this week? Celebrate the praises and pray for the challenges.
- **Ask** if anyone has a need or knows of a need, you can also offer "unspoken" prayer requests.
- **Pray for the person on your right**, *it can be out loud or in silence*, if in silence nudge the person next to you letting them know you are done.
- **Prayer Clusters:** Groups of two or three (by gender) and share your week together. Pray together and for each other. Send them a text, or leave a message letting them know you have prayed for them this week.
- **Have someone in your group keep an active list of the requests and the answers for both the updates and to celebrate the answers.**

Are you interested in the Bible and in helping Life Groups benefit from the weekend message? We have a team for you! Canvas members like you create these discussion guides each week. If you are interested in joining the team, please email rickz@canvas.church