

CONFORMED

THE GIFT OF HOLY HABITS

Table Discussion Guide

Week 1 - Silence & Solitude

Main Point: The gift of silence and solitude

Scripture Focus: Luke 5:16

Discussion Opener

As a society, we value 'noise' and distractions. What are some of the biggest ways we are distracted in our lives?

Discussion Questions

1. "If you want to conform to the image of Jesus, you have to train." We looked at common barriers to training or practicing Spiritual Disciplines - laziness, apathy, busyness and fatigue. Which of these, if not all, do you struggle with most? What would you need to do in your life to overcome these?
2. Silence and solitude is a *gift*. Why do we struggle as a society to see this as something that is good for us?
3. "Silence and solitude remind us that we are dependent human beings not independent human beings..." Jesus withdrew to be in silence and solitude to find strength and to be with the Father. How does this idea challenge how you plan out your daily and weekly life? What can you do to start creating space?

Practice/Discipline For the Week: Silence and Solitude. Make a plan for time in silence and solitude this week. If you don't plan it, you probably won't do it. Put it in/on your calendar. Set alarms for each day of the week. Say 'no' to something to create the space if you need to.

"Silence and solitude, the soul's best friends."

- Henry Wadsworth Longfellow

