



Message Notes & Life Group Study Guide  
September 2-3, 2017  
Best Spiritual Practices: Withdrawal  
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## MESSAGE NOTES

### The Need

1. There were too many people v. 31
2. There was too much opposition v. 31; v. 26-29
3. There was too much to do v.31

### The Answer

1. Solitude ...*Come away by yourself...* v. 31
2. Silence ...*to a quiet place...* v. 31
3. Sabbath ...*and get some rest...* v.31

## STUDY GUIDE

### **Reference:**

Read Mark 6:30-32 and open in prayer.

### **Review:**

What was one thing from this weekend's message that challenged, confused, or stood out to you?

### **Reflect:**

1. Do solitude and/or silence come easy to you? Why or why not?
  
2. It's been said that to simply stop and inquire of the Lord amidst our busy day is a significant act of trust in God. Often our "busyness" is where our struggle to trust Him manifests itself. As you think about your day to day activities, what is it about trusting God that is unsettling for you?
  
3. Read Colossians 2:16-17. How does this passage relate to this discussion of the significance of silence, solitude, and Sabbath?

### **Respond/Reinforce:**

Whether it is food, or something else, fast from something this week. Spend that time reading the bible and praying in place of what you might normally do. Next week check in with your group, or someone you trust, about how it went.