



Community Group Questions

Read the verses: Psalm 46:10; Exodus 20:8-11

1. Why is silence and solitude difficult for us today? What about you specifically?
2. Why is silence and solitude worth doing?
3. What are your rhythms of silence and solitude currently? What do you want them to be?
4. What has sabbath looked like for you at different points in your life?
5. Does sabbath feel like a burden or a delight? Why?
6. Why is sabbath a worthwhile practice for followers of Jesus?