

Discussion Questions

INTRODUCTION

Are you always in a hurry? Who was the last person to tell you to slow down? Do you feel guilty whenever you relax? Do you have to get sick to take time off? As you discern God's master plan for your life, consider being still. Just breathe!

GETTING STARTED

1. Share about a time when your surroundings were so quiet that you could hear your heart beat. How long did it last? Did you like the silence? Why or why not?

BIBLE IDEA

2. Read Mark 6:45-46 & Luke 5:15-16. Why did Jesus leave the people and withdraw to quiet places? How have you struggled in the past to withdraw like Jesus? What are some good ways you could build this habit into your daily routine?
3. Read Deuteronomy 5:12-15. In the past month, evaluate how well you have followed this commandment. What is God's reason for commanding us to rest one day of the week?
4. Read Matthew 11:28-30. Share about a recent time when you felt weary or burdened? What does 'yoke' mean? List the promises Jesus gives us as we lean on Him daily with our burdens.
5. Read Proverbs 3:5-6. Is there any part of your heart you are holding back from God? Share about some ways you are growing in your understanding of God. What effective habits could you build into your life that would straighten out your path?

NEXT STEPS

6. Schedule a few hours this week where you are quiet before the Lord. Discuss what this might look like & how you might overcome any interruptions. Put it on your calendar as an appointment that you will not cancel.