



Town + Field

CHURCH

Sunday, May 19
Discussion Questions
All Who Are Weary

In the midst of the modern age we want more, use more, own more, and endlessly seek to achieve more. Jesus models the ancient practice of slowing down, finding solitude and offering an alternative pace that serves to break the restless cycle, and find rest for the soul. As we learn to keep pace with Jesus we may just find the love, joy, and peace that mark his reality.

- Luke 5:15-16, Mark 1:35, Matthew 14:23

REFLECT (10 Minutes)

How would you describe the effect of this week's sermon on you? Was there anything new or interesting that grabbed you from the teaching Sunday?

DIG DEEPER (20-30 Minutes)

Is silence and solitude a regular part of your discipleship to Jesus? If yes, what does that look like in your life rhythm? If no, why not? (Note: The point of this question is honest conversation, *not* guilt or shame. Work hard to create a safe place in your community for people at every stage.)

How does the idea of silence and solitude make you feel? Excited? Scared? Too busy?

If you have time, tell a story of something cool God said or did in you life through an experience with silence and solitude.

Why do think Jesus would regularly slip away to desolate places?

What role do you think the regular practice of silence and solitude played in Jesus' emotional health and spiritual life?

What challenges would Jesus have faced to carve out time to be alone with himself and God? Do you face any similar challenges?

How does the idea of a breathing/centering prayer hit you? Does it sound appealing? Stupid? Uncomfortable? Heretical?

RESPOND (10-15 Minutes)

The point of practicing silence and solitude is not to be really really good at it, but so that God might remind you of of the truest thing about you and thus fill your life with His love, joy and peace.

What is one area you would like God to give you either love, joy or peace? How could a practice of getting alone to be with God effect that area of your life?

PRAY (10 Minutes)

Take some time to pray for one another. Pray that God would help us as a community to slow down and learn the unforced rhythms of grace. Pray that we as a community would increasingly learn to live the way of Jesus and more fully partake in the life of God.

LEADER NOTES

These questions are a guide; feel free to use/exclude ones as people may have already answered the question or talked about the theme OR if your group takes a long time to tackle one particular theme it's ok to skip over questions in the interest of time/focus.