

SERMON DISCUSSION GUIDE

The Transforming Friendship

The Discipline of Sabbath, Solitude, Silence – Luke 10:38-42

Discussion Points

March 29, 2020

Read/Reflect

1. Read Luke 10:38 -42. What kinds of reactions, impressions, or questions are you left with when you read this story?
2. If the parable of the good Samaritan (Lk.10:30-37) teaches us a radical hospitality, and Martha exemplifies that kind of hospitality, why does Jesus chide her?

Explore

3. When do you tend to place more emphasis in your life around busyness, or what you do? When can you best focus on being, or on who you are?
4. What does a discipline of “sabbath” look like in your life?

<input type="checkbox"/> Non-existent	<input type="checkbox"/> A surprise chance to catch my breath
<input type="checkbox"/> Weekly rest day	<input type="checkbox"/> A rule
<input type="checkbox"/> Time to play	<input type="checkbox"/> Other: _____
5. Where is the spot you can go to for solitude? How often do you use it? What are some ways you could create such a spot, if you don't have one (e.g. you're a parent with kids constantly in your care)?
6. What could you do to reduce the noise and distraction in your life?

<input type="checkbox"/> Turn the TV or radio off more often	<input type="checkbox"/> Go for more walks (in silence)
<input type="checkbox"/> Drive or commute in silence	<input type="checkbox"/> Take a silent retreat
<input type="checkbox"/> Reduce the use of headphones	<input type="checkbox"/> Reserve more time to be alone
<input type="checkbox"/> Restrict my screen time	<input type="checkbox"/> Other: _____

Pray

- Pray for the willingness to serve others and yet to take the time to rest in your only Saviour, knowing that your identity is not in what you do, but in whose you are.
- Commit to making space for God in your life, share that with someone, and pray for the Spirit's strength to enable you to fulfill that discipline in your life.

