



# SMALL GROUP DISCUSSION GUIDE

**THE RUTHLESS ELIMINATION OF HURRY**

**WEEK 2 - CAN WE PUT DOWN OUR PHONES?**

## MESSAGE BIG IDEA

Jesus invites us to move away from hurry and into solitude.

## SCRIPTURE

Luke 4:1-2, Luke 5:15-16, Mark 6:31

## ICEBREAKER & OPENING THOUGHT

1. What do you do when you find yourself in a moment of silence?
2. We live in a world of increasing digital distraction and hurry. John Mark Comer writes, “This new normal of hurried digital distraction is robbing us of the ability to be present. Present to God. Present to other people. Present to all that is good, beautiful, and true in our world. Even present to our own souls.” What do you think of this statement?

## BIBLE DISCUSSION

3. Read Luke 4:1-2, 5:16, Mark 6:31. Luke tells us nine times that Jesus withdrew and prayed. This passage can also be translated as “was regularly withdrawing and praying.” Have you ever practiced solitude and silence? What happened?
4. Spiritual writers throughout the years have found the practice of silence and solitude to be a source of strength for life. Read the following statements. Do you agree or disagree with them? Why or why not?

“It may well be that the whole trouble in our lives is that we give God no opportunity to speak to us, because we do not know how to be still and to listen; we give God no time to recharge us with spiritual energy and strength, because there is no time when we wait upon him. How can we shoulder life’s burdens if we have no contact with him who is the Lord of all good life?” -William Barclay

“Without solitude it is virtually impossible to live a spiritual life... We do not take the spiritual life seriously if we do not set aside some time to be with God and listen to him.” - Henri Nouwen

## LIFE APPLICATION

5. We can practice Simple Times of Solitude. These are regular moments throughout the day that we choose God over a screen. For instance, instead of checking your phone while you’re in line at the store, connect with God for a few minutes. What would be a simple time of solitude you could practice?
6. Another form of quiet time with God is a “Set Time of Solitude.” This practice is carving out a regular place, at a regular time, with a specific plan to connect with God. Brainstorm as a group all the different ways the group could practice this.

## CHALLENGE

Set a timer for two minutes and challenge the group to sit in silence. Debrief the time in your group and commit to silence and solitude in the next week.