

Rooted Week 6

Read 1 Timothy 4:7-8

Describe a time in your life where you disciplined yourself for a season. Was there struggle/hardship? Did it pay off?

Is training most effective when done haphazardly or intentionally? Which way do you normally lean in your training for godliness?

Read Psalm 46:10

Looking at the context of the verse within Psalm 46, why would the Psalmist encourage people to be still?

What does it mean to “know that I am God”?

Read Lamentations 3:22-26

While silence and solitude are disciplines, there is great reward in practicing them! How do these verses describe the reward?

If we enjoy being with God, receive His mercies, and find satisfaction in Him - how does that affect our godliness? In other words, how does our enjoyment of God impact our willingness to follow Him?

Silence and solitude are not ends in themselves. What point do they serve?

In the sermon, we discussed three ways to work silence and solitude into our lives.

Retreat - Once a year, day or longer spiritual retreat

Regular - Daily time with God

Random - Seizing opportunities we normally yield to other endeavors

What practical steps can you take to move these from good ideas to actions? What challenges do you have to overcome and how can you do so?

For those who have practiced one of these times of silence and solitude, what has been helpful?

What advice would you give someone just beginning this discipline?

NOTE: If you would like ideas and information about planning an extended retreat, email Pastor Matt and he can provide a guide that has benefited him.