



Weekend Message on September 29, 2024

PRACTICE PLAN CHECK-IN

For those who practiced sabbath last week, how did it go? What did you learn about yourself and God?

DISCUSS & ENGAGE THE SCRIPTURES

1. Read [Luke 22:39-41](#).
 - Based on this message, how has your perspective of silence and solitude changed?
 - Whether you're an extrovert who loves crowds and conversation or an introvert who loves isolation and indifference, how do you think you can experience silence and solitude in your life?
2. Some common reasons we resist silence and solitude are because it requires us to give up control, we have a lot to say, and we prefer to be absent from our own lives. As we resist, we shake up our own "snow globes" and make it impossible to clearly see and hear God.
 - Out of the reasons for resisting listed above, which do you resonate with the most? Why?
 - How are you shaking up your "snow globe"? What could help you stop?
3. Silence and solitude...
 - Reminds us we are never alone ([Hebrews 13:5](#) and [Isaiah 41:10](#)). Where in your life do you feel the most alone? Why do you think we depend on noise to provide relief in the chaos?
 - Exposes our soul ([Psalms 143:6](#)). How can you respond to God's invitation to present yourself in His presence? What are you afraid of Him exposing?
 - Allows us to hear God's whisper ([1 Kings 19:11-13](#)). Where is your life noisy and chaotic? How do you need to arrange and rearrange to hear God's whisper?

PRACTICE PLAN

Wake up early every day this week and practice silence and solitude for 10 minutes (just try it 😊).

Remember, practices are invitations of grace meant to open up your life to God. They are not religious duties to fulfill.

PRAY

Jesus, thank You for showing us how to train to live godly lives in a noisy and chaotic world. As we submit and surrender our lives to You, may You restore our souls.

LEADERS

- In your attendance notes, add the responses to question #2.
- Check out valleycreek.org/circleleaders for the new Leader Guide.