



VALLEY REAL LIFE

Ruthless Elimination of Hurry | Silence and Solitude

Last Week

Did last week's lesson cause you think about things taking up your time and if there is room for elimination or saying "No."?

Opener

How has the need for convenience impacted your day to day?

Questions

We often think about how to be disciples of Christ, but what does it mean to live a life like Jesus?"

Other than going to church service or Life group, do you plan your other time to spend with God. (Prayer, Bible Study)?

Which of the four Spiritual Disciplines do you need to focus on? Silence/Solitude, Sabbath, Simplicity, or Slowing?

Do you have any habits/rules that pertain to eliminating the noise in your life?

Apply SOAP (Scripture, Observation, Application, Prayer) to:

Matthew 6:6 (NIV)

But when you pray, go into your room, close the door and pray to your Father who is unseen. Then your Father, who sees what is done in secret, will reward you.

- *Read the verses out loud together*
- *Share your observations*
- *Discuss Application*
- *Close in Prayer*

Next Steps:

Think about what habits you could form, even if just one, that would impact your time with God and who will help be accountable to it. Take the challenge Dan posed to spend at least 30 minutes of unhurried time with God.

