

SILENCE & SOLITUDE

We are excited to be spending the next several weeks in the Lord's Prayer together as a church body. Our hope is to take time not only to invite you to pray with us but also to set aside time to practice the spiritual rhythms of Jesus together. So whether it is a roommate, a family member, or your small group, we hope you will join us praying and practicing the way of Jesus. This week we invite you to join us in praying in **silence and solitude**.

All across the Gospels we see examples of how solitude and silence were foundational to Jesus' life and ministry. Read the following passages in the Gospel of Mark and discuss what stands out to you about Jesus' rhythm in these Scriptures.

Read Mark 1:12-13; Mark 1:35-39; Mark 6:30-46

Jesus intentionally set aside time to practice solitude and silence. This practice creates sustainability for living a life connected with God.

In what areas of life do you feel especially hurried and tired?

When was the last time you remember experiencing peace and quiet with God in a way that refreshed you in strength and perspective? Describe it.

What kind of places help you settle down and experience quiet refreshment with God?

What would it look like to visit and revisit a place like that in the rhythm of your everyday life for peace and quiet? Be realistic.

Take a moment to enjoy sitting quietly together, and then close in scripture and prayer. **Read Matthew 6:9-13 together.**

You can find more resources at mosaicnwa.org/thykingdomcome.

QUESTIONS?

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