**“A More Excellent Way – Pt 5”**

**November 9/10, 2024**

**Speaker: Tom Hughes**

**Opening:** [15 mins] We suggest you begin with an opening prayer and then a brief “catch up” or “icebreaker” before moving into the *scripture reflection* and *application questions*.

**Icebreaker:** What’s your favorite way to unwind after a busy week?

**Scripture Reflection:** [20 mins] **Read Mark 1:29-35.** After allowing the group time to reflect on the passages, ask them to share what most stands out to them.

**Application Questions:** [40 mins](*These questions will help you and your group dig deeper into the weekend sermon. Feel free to edit or use only those which fit your allotted time.)*

1. Tom talked about the importance of creating regular rhythms of silence and solitude. Do you find these practices easy or harder to implement? Why?
2. Silence and Solitude are important practices because they remind us that God alone satisfies us.
   1. Do you agree/disagree with this statement? Why/Why not?
   2. What are some of the other ways you have tried to replace these practices in your life?
      1. How did that work out?
3. What are some of the practical ways you implement the practices of silence and solitude in your life?
4. Tom said “silence and solitude can be hard to do but it’s worth it”
   1. What are some of the benefits you have discovered while practices these habits?
   2. If you have never practiced silence and solitude what benefit might entice you to begin?
5. Do you think silence and solitude can help you relate to others? How so?

**Closing & Prayer**: [15 mins]

* Receive prayer requests. Pray for group members.