

## Rhythm - Week 3

### Main Idea

If we want to live on mission with Jesus in a healthy way, we need to develop an intentional rhythm of rest to be alone with God.

### Starter

On a scale of 1 to 10, how comfortable are you with silence? Why?

1 (hate it)-----5 (need more of it)-----10 (love it)

### Discuss

If someone observed your life for a week, what would they think is your biggest source of stress and biggest source of rest?

### Scripture

Read [Mark 1:29-39](#) and discuss:

- What is most interesting to you about Jesus in this passage?
- Why do you think it is significant that Jesus spent time alone with His Father?
- How do you think you could prioritize spending time alone with God more in your life? What have you found works for you and doesn't work for you?

Give your group some time to practice intentional "rest" by taking at least 10 minutes of quiet time in Scripture and prayer on their own.

- Have them read [Psalm 46](#) a few times slowly and ask the Holy Spirit to highlight a word or phrase He wants you to focus on.
- Reflect on why that Biblical truth is significant to you and how it could impact your life.
- What is one way you could be more intentional to "be still" with God this week?

### Apply

Bring your group back together to share about their time alone with God. Spend time praying for each other to grow in being at peace with God and obedient to His will.

### Further Resources

If your group needs help developing rhythms of rest and connecting with God, here are some resources to share:

- [How to spend time alone with Jesus in Scripture and prayer](#)
- [How to recover a life of REST rather than anxiety](#)