

MEN'S STUDY

1 TIMOTHY 4:15

Practice these things, devote yourself to them, so that all may see your progress. Keep a close watch on yourself and on the teaching...

October 28, 2026

PRAYER OF FORMATION

I am no longer my own, but yours.
Point me to what you will,
rank me with whom you want.
Put me to action,
put me to suffering.
Let me be employed for you,
or laid aside for you.
Exalted for you,
or brought low for you.
Let me be full, let me be empty.
Let me have all things,
let me have nothing.
I yield myself to your desires.
I seek your glory.
Father, Son, and Holy Spirit –
I am yours and you are mine.
Be the center of my life and the ground of all my hopes.

Discussion Questions

1. Have you had a vacation, but it wasn't restful all?
   a. What happened? Why?
   b. What do you think you were missing?
2. Consider this collection of verses about Jesus activity, particularly when he was quite busy. What does this suggest to you? Mark 1:35, Luke 4:42, 5:16, 6:12, Luke 22:39, Matthew 26:36-46
3. Do you think of retreat or sabbath as wasted time, down time, or soul renewal? How do you think - according to the passages above Jesus saw it?
4. Consider how Elijah was ministered to in the desert by God (1 Kings 19:5-8; 11-13; 18) Physical rest, nourishment, refreshment, emotional closeness, encouragement, clarity, and support/help. What do you think you need most?
5. Why do you think that Elijah had to get this in the wilderness?

Tasks for November:

a. Begin to fill out your Holy Rule. The italicized words are suggestions that can be used from us or from Common Rule, but add according to your own needs. Be specific. Challenge yourself, but don't create impossible expectations. Focus on the areas that you've identified as areas of growth.
b. Sign up for our Advent Silent Retreat

Biblical passages

- **Mark 6:7-13; 30-44; 45-52**
- **1 Kings 19:1-18**
- **Psalm 62, 46**
- **Lamentations 3:22-28**

Date	Readings (The Common Rule)
~~10/14/2026~~	~~Daily Habit 3 (pp. 63-78)~~
~~10/21/2026~~	~~Daily Habit 4 (pp. 79-94)~~
~~10/28/2026~~	~~Weekly Habit 4 (pp. 142-157)~~
11/4/2026	Weekly Habit 2 (pp. 111-126)
11/11/2026	Weekly Habit 3 (pp. 127-141)
11/18/2026	Common Rule (pp. 179-192)

Be Thou My Vision

