Busy Body
Part 2 – "The Ambitious Life"
January 16, 2022

Luke 5:15-16
Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed.

Mark 1:35
Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 6:31-32
Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.

Matthew 6:6
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.

John 15:5
"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

1 Thessalonians 4:11
…make it your ambition to lead a quiet life

I will spend _____ minutes in silence and solitude every day this week. I will do it at _____ (time) and I will do it _____ (location).

Psalm 46:10
"Be still, and know that I am God;"

Group Questions
1. Do you allow yourself to become bored? What have you been conditioned to do when you begin to feel bored? What's the potential value of boredom?

2. Had you ever before noticed the importance that Jesus placed on getting away to lonely places? Why do you think this was an important spiritual practice for him?

3. Read Isaiah 30:15. Why do you think that Silence and Solitude are so important for us - from God's perspective?

4. What Bible verse from this week's message struck you?

5. Beginning this practice can be a challenge. What tips have been helpful for you? To the extent that you have practiced it, what benefit have you received?

6. What one step are you taking because of the sermon? What can we do to help?