

Community Group Questions
Tom White's Message
"Building Sabbath Rest into Our Busy Lives"

- 1) Where/how did the Holy Spirit get your attention in this message?
- 2) Reflecting on your personality and lifestyle, describe your "wild horses" (see Isaiah 30:15-18)
- 3) As you've heard teaching on practicing silence, solitude and Sabbath, have you noticed any resistance, or fear, surfacing in you? Or, conversely, are you experiencing some new longings stirring in your soul?
- 4) To some degree, we all default to living on "auto-pilot." What intentional steps are you going to take to respond to the Lord's invitation to practice "Sabbaths of the Heart?" (hitting "pause," changing your pace, asking, "Lord, what do you want me to know right now?")

*Reminder: we can feel uncomfortable/fearful during times of solitude, silence and Sabbath. Remember...this is "purposeful aloneness." As we come to meet the Lord, we must keep foremost in mind the truth that I am someone who is deeply and unconditionally loved by the Lord. Each time, I come just as I am. God meets me where I **am**, not where I feel I **should be**. He waits and longs for us to come. As we bring our strengths and vulnerabilities, it is there we experience him loving us in deep and unconditional ways. This is one core reason why He invites us into silence, solitude and Sabbath.*

- At close of discussion, get in 3's or 4's, share any new soul longings/desires that are stirring in you, and pray for one another.