



**Sunday 8<sup>th</sup> September 2024**  
**Following Jesus to the lonely places (Luke 5:16)**

**“To be fruitful in public, God must shape us in private”**

**Practicing the presence of God**

**Patterns to build into our lives**

## **Questions for our midweek Growth Groups and personal reflection**

What do you think about this phrase: “To be fruitful in public, God must shape us in private”?

Read Matthew 11:28-30. What are the “unforced rhythms of grace” that Jesus wants to teach us?

### **Practicing the presence of God**

Read Luke 5:15-16. What is the idea behind the “lonely places” that Jesus often withdrew to?

What did Jesus use some of these solitary times for and what can it teach us?

- Matthew 4:1-11
- Mark 1:35-39
- Luke 6:12-13

Why is loving and being loved by God the key to happiness?

Do you find it difficult to slow down enough to enjoy God?

### **Patterns to build into our lives**

Do you have a daily “quiet time”? What helps you to connect with God – a place, a time, a method?

Have you tried anything such as “statio” prayers or the “Daily Office” to remember God and rely on Him during the day?

What does Sabbath mean to you? Do you set aside a day each week as special, in a rhythm of work & rest? What are the barriers to you doing this?

Have you ever been on a retreat? Share experiences and how God has worked in your life through these.