

ANCIENT RHYTHMS

JANUARY 28, 2024

SERIES OVERVIEW:

Bible Study. Prayer. Fasting. Silence & Solitude. Worship. Evangelism & Story. These ancient rhythms have marked the Christian faith since the beginning of the Church. They are means of grace gifted to us by God so that we might know Him and make Him known. How can these ancient rhythms shape our personal lives and our corporate body today? Join us as we rediscover ancient rhythms of the faith.

MESSAGE TAKEAWAYS:

**SILENCE AND SOLITUDE: CHOOSING TO WITHDRAW FROM OTHERS
SO I CAN RECEIVE FROM GOD.**

**SILENCE & SOLITUDE GIVE US SPACE TO BE HONEST WITH GOD, ARE WHERE
WE LEARN GOD'S CARE, ARE WHERE WE LEARN GOD'S POWER, ARE WHERE WE
SEE GOD'S PLAN.**

CONVERSATION QUESTIONS:

- Pastor Brannon asks, "Are we sliding into a Christ-less Christianity?" How would you answer this question? In what ways have you specifically seen this in our culture?
- Pastor Brannon mentions 5 things that pull us away from silence and solitude. Which of these 5 do you resonate with the most?
- 5 enemies of silence and solitude:
 - *Seems impractical*
 - *We live and we love distraction*
 - *We don't have much practice*
 - *We don't get much encouragement*
 - *Silence and solitude are intimidating*

- Pastor Brannon helped us see that silence & solitude give us space to be honest with God. Talk about how you have seen this in your life or why you struggle or avoid a solitary space where you can be honest. *Pause as needed to pray for one another as the Holy Spirit leads.*
- Silence & solitude are where we learn God's care. Do you believe that God is good enough to meet your needs? What lies tell you otherwise?
- To close, pastor Brannon gave us 4 tips if you want to practice silence and solitude.
 - *Find your broom tree.*
 - *Minimizes distraction.*
 - *Practice 3 spaces (minute retreats, one-day retreats , restoration retreats).*
 - *Consider community.*

NEXT STEPS: Pastor Brannon reminded us that silence and solitude are where we see God's plan. He asked the question: are you really quiet enough to hear what God already said? Take out your planner, calendar, or some way to find a physical time and space for silence and solitude. Put it on your calendar. Take a vacation day. Let someone know, but then leave your phone off or in the car and bring just your Bible, maybe a journal, and yourself. Start small - perhaps just part of the day, an hour, or whatever you feel the Holy Spirit leading you to.

FINAL THOUGHTS:

As we continue on this journey, we would love to help you in any way we can. If you are wondering what next steps are right for you, please reach out, and we'd love to have a conversation with you or your group about the season you are in and the places Jesus has entrusted to you as you seek to be formed by His Word.

Meet with a Pastor: <https://ncchapel.churchcenter.com/people/forms/551596>