



TODAY'S SERMON OUTLINE

S.L.O.W. | LONLEY PLACES

May 5, 2024 | Luke 5:16, Matthew 6:2-6, 16-18

REVIEW

Ask yourself the following questions from the message and the scripture of **Luke 5:16. Matthew 6:2-6, 16-18:**

- What do You want me to know?
- What do You want me to do?
- Go Together: Share with someone so you can explore what God is doing with each other. Then pray together and encourage each other to follow through.

REFLECT

1. What was your one take away from the message?
2. When was the last time you spent 5 minutes in your secret place? What obstacles get in your way?
3. Do you feel a deep desire within you to pull away from this world and spend time with the Father?

RELATE

1. **Problem: Jeremiah 17:5-6** – What is one way you are seeking nourishment outside yourself in a healthy way? Where do you seek strength outside the Father? How would you rate the state of your soul right now? What is one thing that is keeping you from the secret place with the Father?
2. **Pathway: Luke 5:16, 6:12, 9:18, Matthew 14:23, Mark 6:12** – How should you respond if Jesus OFTEN withdrew to lonely places to pray? What do you think Jesus was getting in the lonely places? Do you have a secret place? If not, what is one step you can take to create your own secret place?
3. **Self: Psalms 32:2, 91:1** – If solitude is the furnace of transformation, then how are you being transformed? Where are you seeking your identity, your true self? What are affirmations you seek to define yourself and where are you going to be affirmed? How do you think solitude can help you define your identity?
4. **Strength: Exodus 14:13-14** – How can you care and love for others if you have no restorative rest in your life? How can you enter into the challenging times of life running on fumes? Where do you need strength in your life? How do you think God is going to equip you moving forward?
5. **Soul: Philippians 4:7, Proverbs 4:23** – If you don't have spiritual rhythms in your life, you will be consumed by secular rhythms. You can either chose rest or it will be chosen for you. How can you create a constant and consistent space in your life for solitude, prayer, and a spiritual rhythm?

PRACTICE

This week attempt to practice the following:

1. Choose an activity where you can be alone with God: a walk, long drive, bicycle ride, hike, etc. Nothing specific to do during this time, just simply "be" with God in the activity.
 2. Set a timer for 20 minutes and think of something that is challenging in your life. Spend the 20 minutes simply listening around that specific challenge. Write down any thoughts that come to mind during your time. Close with a prayer of gratitude, thanking God for his blessings over your life.
 3. For more practices around solitude and listening prayer visit ohbejoyfulchurch.org/slow
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