



Plant • Grow • Harvest | Home Group Guide

"Sacred Rhythms: Pause"
Sorensen

March 8, 2020

Mark

Gather

- Take a few moments to catch up with one another. As we have begun this series on prayer, has your week looked any different when it comes to your prayer life? Have you developed a rhythm yet, when it comes to prayer?

Plant

- Someone read the following words of Jesus from Matthew 6:5-6:
 - *"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 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.**"*

- Is Jesus suggesting we not pray in public? Why or why not?

The Message version of Matthew 6:6 says the following:

- *"Here's what I want you to do: **Find a quiet, secluded place** so you won't be tempted to role-play before God. **Just be there as simply and honestly as you can manage.** The focus will shift from you to God, and you will begin to sense his grace."*
- Why is Jesus suggesting we find a quiet place to pause and be still before we go to God in prayer?

Grow

- How easy is it to find a quiet place in your life?
- How are you with "quiet places"? Have you found a way to bring some "stillness" into your life? How can you?
- Someone read Psalm 46.
- The Psalms have a way of mixing worldly turmoil while still remembering God's sovereignty. As Psalm 46 ends, the psalmist notes in verse 10:
 - *"Be still and know I am God; I will be exalted among the nations, I will be exalted in the earth."*
- What does *stillness* and the *turmoil of the earth* teach us in light of this passage and what God provides?

Harvest

- Make a game plan. How can you bring elements of PAUSE into the DAILY rhythms of your life IN THE WEEK AHEAD! What's the plan?
- Conclude your time with sharing prayer concerns with one another. And then... PRAY