

The Curated Soul: Living the Life you were Meant to Live

Week 4—Explore Tradition and Contemplation

Get Started:

When was the last time you were in a very traditional church service? How was it?

Is there a sacred place or space of some kind you enjoy visiting?

Generally speaking how do you feel about being alone or quiet for more than hour?

Into Scripture:

TRADITION:

Read Hebrews 13:1-10

Toward the end of the passage the writer seems to caution against abandoning the older ways. Jesus after all is unchanging. How do you balance staying true to the past while changing with the times?

CONTEMPLATION:

Read 2 Psalm 23 out loud slowly.

What connection is there if any—between quiet places and restored souls?

Read Mark 6:30-44

The first part of this passage shows Jesus inviting the disciples to go to a restful place for a while? Why did he do that? Do you need that sometimes? Notice that once the crowd arrived Jesus ministered to them. Sometimes do needy people take priority over quiet time?

Application:

TRADITION:

Would it do you good to visit an older church? Or sing a favorite Hymn? Or reminisce about some special time in the past that God touched your life?

COMTEMPLATION:

When was the last time you spent more than a half hour alone or mostly quiet? Could you try carving out at least one special quiet time this week? Where? When?

Prayer Notes:

Each person shares one request and the person to left prays, etc. Around the room.