

[illegible]

Watch Session 2: Silence and Solitude (14 minutes).

[illegible]

BIBLE EXPLORATION

Everything on our to-do list can feel equally important and it can be difficult to gauge what is most important. In the book of Mark, we see Jesus being busy while prioritizing time alone. Read Mark 1:29–37.

This passage describes a busy day in Jesus's life. He was slammed with demands on his time, essentially working all day. And the very next morning, his disciples found him and wanted to add more to his plate (1:37). **Why do you think Jesus had to leave the house to find quiet time?**

It seems counterintuitive, but the more in demand Jesus was the more he withdrew in prayer. **What can we learn from Jesus about taking time away from the demands of life? What benefits could withdrawal and prayer have in your life, especially when you feel slammed with responsibilities?**

The way we spend our time in solitude is critically important. **What could you do with your time alone to foster your relationship with Jesus? What would it look like to build more of this time into your weekly schedule?**

Overworking can be a sign of internal unrest. How will we pay a certain bill, finish a complicated project, or impress our boss if we spend less time working? But, in the end, overworking is just a way of trying to take what God controls into our own hands. Read Matthew 6:25–34.

This passage reminds us God will provide for us in the same way that he provides for the birds of the sky. You are worth more to him than the birds—he will take care of you. **What needs are you afraid won't be met if you take time to be alone with God? What could it look like for you to trust him more in that particular area of your life?**

Sometimes we fill our schedules leaving no room for rest because we're afraid that if we don't do enough, we won't have enough. **How often do you experience worry? What steps do you take to eliminate or cope with anxious thoughts?**

As Christians, we must remember that no matter the amount of work we put in, God is the one who gives us what we need. Overworking only reveals the level of our trust in him. **What would it look like to trust God when you feel like you aren't being productive? What steps could you take to trust God with your rest?**

What could it look like for you to bring all your anxious thoughts to God this week?

LAST WORD

Sitting in silence allows us to not only address our overdependence on productivity but also gives us a chance to spend time in God's presence. Our relationship with God flourishes with quality time, just like our relationships with friends and family do.

Remember John Mark's advice to start where you are, not where you feel like you should be. This week, if all you can manage is five minutes when you first wake up, start there and watch what God does with your time.

DEEPER WALK

Read: Read the chapter “Silence and Solitude” in Part Three of John Mark’s book *The Ruthless Elimination of Hurry*.

Pray: Choose a particular time of the day that works best and pray in a secluded place. Pray and ask God to help you find ways to spend time with him more often.

Meditate: Practice silence and solitude this week by picking a short passage of Scripture to meditate on like Matthew 6:25–34 or Mark 1:29–37. Meditate on the passage repeatedly during your quiet time throughout the week.

Memorize: Memorize Mark 1:35, “In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.”

RightNow Presents
The Ruthless Elimination of Hurry STUDY GUIDE

Copyright © 2022 RightNow
by RightNow Ministries

ALL RIGHTS RESERVED. No part of this book may be reproduced in any manner whatsoever without written permission from the publisher, except where noted on handouts and in the case of brief quotations embodied

Written by Alyssa Gossom.

All Scripture quotations, unless otherwise indicated, are taken from the Holy Bible, New International Version®, NIV®. Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved. "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™

Scripture quotations marked CSB have been taken from the Christian Standard Bible®, Copyright © 2017 by Holman Bible Publishers. Used by permission. Christian Standard Bible® and CSB® are federally registered

Doctrinal Statement can be found at rightnow.org.

For information, write:

Permissions

RightNow Ministries

6300 Henneman Way

McKinney, Texas 75070

RightNow is a non-profit ministry.

Published by RightNow.