

Sunday, February 21, 2010

## **“Slow Down & Experience God”**

*The Lenten Series*

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**A Little Intro:** The season of Lent (the old English word for “spring”) is a time of preparation—getting ready for Easter. It is a special time to remind ourselves of the sacrifice that Jesus made to redeem us. The church historically has used this as a season to ready ourselves for the power of Easter Sunday by focusing on sacrifice, repentance, fasting, and quiet. Over the next few weeks, the study guides will lead us into some of these spiritual disciplines with the hope (whoops, I mean desire) that the church will be refreshed and ready to meet the risen Lord come Easter Sunday.



### **Begin with some self evaluation:**

- How much time in a week do you get to be alone and quiet?
- What do you do with your quiet time—read the Word, meditate, just “veg”?
- If you are one of those folks who never takes time alone—is that a choice because you wouldn’t know what to do with the solitude, or is it something you haven’t been able to find?



### **Time in the Word**

The Gospel of Luke paints a very interesting picture of Jesus. Luke portrays Him as a man driven often to find that “quiet” place with the Father.

1. **The Beginning and the End (read Lk. 4:1-13 and 22:39-48)**
  - a. Before Jesus’ ministry began, He had a little journey out into the wilderness:
    - i. Why would the Spirit lead Him out to this desolated place?
    - ii. What was the point of Jesus going head to head with Satan?
    - iii. Why would this happen “in the wilderness” instead of “at home”?

*(some odd Bible trivia—look up Genesis 7:4, Exodus 16:35, Exodus 24:18, & Number 14:33-34: what’s with all the “40s” in the Bible?)*

- b. The night before He died, Jesus was again in a secluded place.
  - i. Why go to the Mount of Olives? Couldn’t Jesus have just stayed in the upper room with the disciples and prayed?

- ii. Once again, this seems like a time of incredible spiritual battle. Is there a connection between this battle and the quieting of the soul?
- iii. Did you notice the words “went out as usual”? Is there a connection in Jesus’ life between prayer and special, quiet places?

**2. Throughout His ministry (read Luke 4:42, 5:15-16, 6:12, 9:28)**

- a. What words are used to describe the places Jesus went to “get away”?
- b. Why does Luke spend so much time telling us about Jesus’ retreats of prayer?
- c. What can we all learn from this?



## **A Call to Action**

The great calling of our lives is to grow to be more like Christ. Romans 8:28-29 says we were predestined to be “*conformed to the image of His Son*”. As you call to remembrance what you just learned of Jesus’ life, it is only of value if we make the decision to put it to use.

### **Before Small Group this Week:**

1. At least a couple times, seek out a quiet place to spend time with the Lord.
2. Share with the group:
  - a. How hard was it to “quiet down”?
  - b. What did you do in the quiet time you had?
  - c. What was the most beneficial part of it?

### **At Small Group this Week:**

1. Make a commitment with some accountability:
  - a. Commit to God that there is a special place you will meet with Him.
  - b. Commit to God when that meeting will happen.
    - i. It doesn’t matter how often, but daily is great if you can.
    - ii. It doesn’t matter how long, but long enough for your soul to quiet down and experience the Lord.
2. Pray for each other that these commitments will be fulfilled.