



## Week of November 11, 2018: Establishing a Daily Rhythm

### Discussion Questions Set #1

In sermon, we discussed that there is a tendency within Christianity to “overwork” our faith during times of spiritual dryness. We think that if we busy ourselves with “churchy” activity then we’ll invariably pop out of our spiritual stupor. We exhaust ourselves with “exercising our faith”, all the while we’re capsizing in an incredible way.

1. Are you aware of this tendency to overwork our faith in times of spiritual dryness?
2. Have you ever found yourself exhausted with exercising your faith during a time of spiritual struggle? Explain what this experience was like.
3. Why do you think the idea that buckling down and praying more, studying more and serving more will jump start us out of stagnant periods in our following of Jesus?

### Discussion Questions Set #2

In sermon, I shared a story about farmers in the American mid-west who affix a rope from their barns to their homes to help guide them to safety during the spot blizzards common in the area. Using this analogy, we understood that in our spiritual lives, we need ropes to lead us back to God during times of spiritual storm. These “ropes” are helpful when they are both functional and in place prior to any difficulty, but God can also guide us when ropes are not in place, too.

1. What are your ropes that lead you back to God in the midst of a spiritual storm? Share and discuss.
2. Why is it helpful to have these ropes in place prior to encountering a spiritual storm? What drawbacks might exist if we do not have these in place prior to a spiritual storm?

### Discussion Questions Set #3

“Be still and know that I am God.” (Psalm 46:10)

We discussed the story of Daniel and the lion’s den from Daniel 6 and concluded that the peace and calm surrounding Daniel during this story of difficult spiritual challenge is related to Daniel’s regular time of prayer. We encouraged all of us to develop a “daily office”; a time when we can specifically experience the presence and work of God in our lives. The daily office is much more than a simple quiet time and entails the following practices:

- a) Stopping
  - b) Being still
  - c) Silence
  - d) Scripture reading
  - e) Sharing your experiences with God with others
1. Sometimes we become so focussed on completing our “quiet times” that we are totally unaware of God’s presence with us. Why is it important that our daily offices actually centre on God’s presence with us and not just on completing a task of one kind or another?
  2. Repeatedly setting aside small units of time to be WITH God is key to an experience of His presence with us the rest of the day. Why do you think regular times with God result in a greater experience of God’s presence with us throughout the day?
  3. As you think of the five practices of the daily office, which do you think will be the most difficult for you? Which might be the easiest for you?