



Week 3: A New Path

God's Word gives us everything we need to navigate the challenges of life, but the enemy has led us into such busy lives that we rarely slow down long enough to read it, much less sit with it and meditate on it. The path of busyness keeps us from the path of righteousness. Which path you take is likely decided by the first thing you do every morning. But only one of them leads to renewal. If you want to change your path, you have to change how you start your day.

Discussion Questions:

1. Before diving in, have everyone in the group share what they did this past week to rest and refresh. Did you find it easy or difficult? Explain. Did you find it helpful? Explain.
2. There's a lot of noise we deal with on a daily basis that doesn't lead to the "quiet waters" David talks about in Psalm 23. What are some of the noises you find distracting?
3. Shawn defined solitude as "pulling away from everything else to draw near to God through Scripture and prayer." How often do you practice this? What are some obstacles that keep you from making it a daily practice? How has, or how might, solitude help grow your relationship with God?
4. Jesus practiced solitude in the morning. Why is it important that we do this before doing anything else? How might this change your outlook and interactions the rest of the day?
5. Shawn suggested 3 questions to answer during your time of solitude: 1) What does the text say about God? 2) What does it say about mankind? 3) How should I respond (i.e. what do I need to do or change)? Read Psalm 23 and answer these three questions as a group.
6. Commit to spending at least 15 minutes a day in solitude this week and come back next week ready to share how it went.