



LOCKINGCASTLECHURCH

Life Group Notes – 20th March 2022

How to unhurry: Silence and Solitude – Mark 6:30-34

Please visit the LCC website to listen to the talk or read the transcript if available.

Mark 6:30-34

The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”

³² So they went away by themselves in a boat to a solitary place. ³³ But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. ³⁴ When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

Comment

For John Mark Comer’s thoughts on Silence and solitude see

<https://www.youtube.com/watch?v=5OHCn1u78iQ>

The pandemic highlighted the negative impact of forced isolation and the widespread fear of loneliness that plagues us, so many people find it hard to welcome silence and embrace time away from people. But simply filling our time with busyness and noise can damage us spiritually. We need to learn how to be still and be restored in the presence of God.

In today’s passage the disciples had just returned from a busy mission trip and reported to Jesus the sad news of John the Baptist’s execution. Jesus told them they all needed some quiet rest and solitude so they took a boat trip away from the crowd. We need to find our special places of communion with God: Up a mountain, in a boat, in a quiet room or chair – maybe up a tree!

Getting away from it all helps us to *Reduce* noise and demands from people. Seeking solitude doesn’t necessarily mean being alone (the disciples were together), but it does mean a change of context where we can focus on God alone. Lent reminds us that Jesus spent 40 days in the wilderness before he began his ministry. If we can face being in the deserted place, perhaps like Moses and the burning bush, we will encounter God in an extraordinary way.

When we are alone, we can refocus and reflect on what God has done in our lives and *reuse* the scriptures that have taught us, perhaps rediscovering the beauty of nature or the joy of creativity. Finally taking time out restores us ready for the next season – the old is remade and *recycled* into something new.

Questions

1. Do you like being alone? How do you feel about being alone and quiet – or do you prefer some background noise?
2. How have you felt about times of ‘isolation’ during COVID? What is the difference between isolation and solitude? How can solitude be restorative?
3. What noise – both outer and inner – do we need to stop or at least REDUCE?
4. Where is your ‘quiet place’?
5. How are you learning to REUSE & RECYCLE God’s word and works to others?
6. What do you find most encouraging about this passage? What do you find most challenging?

Pls pray for each other to learn to be ‘unhurried’ during Lent