



emotionally
HEALTHY SPIRITUALITY
Discussion Guide
Week 6 – March 15-21, 2009

SESSION TITLE: Discover The Rhythms of the Daily Office and Sabbath

BOOK READING: Chapter 8

KEY SCRIPTURE REFERENCE: Daniel 6:6-10; Exodus 20:8-11

CONNECTING (10 minutes)

1. What would the reading on your speedometer be based on the pace of your daily life?

INTRODUCTORY COMMENTS

To develop a vibrant relationship with God, it requires us to slow down and intentionally cultivate that. God is offering us a way to deeply root our lives in him through two ancient disciplines going back thousands of years – **Daily Office** and **Sabbath**. These counter-cultural acts that go against the fast-paced culture we live in are key to resetting our lives toward a new destination – God Himself. They will help you stay attuned to God’s presence through your daily activities.

[PLAY THE DVD VIDEO MESSAGE FROM PASTOR LES (SESSION 6)]

TAKING TIME FOR A DAILY OFFICE AS A GROUP (15 minutes)

- Be silent (2 minutes)
- Have a group member read Psalm 46:10; Psalm 33:20-22; Isaiah 30:15-18
- Ponder this question quietly: What presses me to give up the place of quietness before God?
- Prayer to be read aloud:
Lord, You say that “in repentance and rest is your salvation, in quietness and trust is your strength.” Teach me to rest and trust in You. Slow me down, Father, so that I do not miss what You are doing. Set me free from the drive that presses me away from being still before You. In Jesus name, Amen.
- Be silent (2 minutes)

DISCOVERING (35 minutes)

2. Briefly share the thoughts and feelings you just experienced during the **Daily Office** we just had.

[READ DANIEL 6:6-10]

3. In v. 10 it says that he prayed “just as he had done before” or as was his daily RHYTHM. What does the RHYTHM of your daily time with the Lord look like presently?
4. Daniel was pressured to give up his daily interactions with God. Instead of giving in to the law, he kept praying “just as he had done before.” What are the things that press you to give up your daily time with God?

[READ EXODUS 20:8-11]

5. Having a weekly Sabbath was a command to us from God. It was a gift to us from God for **STOPPING, RESTING, DELIGHTING** and **CONTEMPLATING**. What difference would it make in your life if you celebrated a Sabbath consistently every week?

HOMEWORK

6. Find some method of reminding yourself to be still a couple of times during the day (Watch alarm, phone alarm, sticky note on your computer etc.) and practice a **Daily Office** this week.