



# WEEKLY SERMON DISCUSSION GUIDE

## Formed

### *You Are My Beloved*

**Luke 6:12**

#### EXPLORING THE SERMON

- What did you hear?
- What did you think or feel about what you heard?
- What is one thing you can take away from the sermon this week?

#### VERSES FOR MEDITATION AND REFLECTION

*“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”*

**Luke 6:12**

In this sermon series, we are exploring the three practices through which we are formed – **solitude**, **community** and **service**. During this time, we will learn about opportunities to engage each practice with the Covenant community, so that we may live a more balanced and intentional spiritual life.

*Focusing on the practice of **solitude**, Thomas asked two questions:*

#### **1. Why is solitude essential?**

We need to know that our lives have value and that we are loved. We will never find our identity and worth through what we do. Jesus was reminded of the words of his baptism each time he prayed: *“You are my beloved, in whom I am well pleased.”* He did not look to the crowds to make him feel special, but to God. We need to be regularly hearing the one voice in our life that really counts, Thomas said.

#### **2. How do we practice solitude?**

Henry Nouwen writes that “Jesus seems to re-engage the word of God each time He prays.” As we do not know the way Jesus’ prayer experience looked on top of the mountain, prayer is an individual experience for which there is no method or equation.

- *Which of the three spiritual practices do you think will be most comfortable for you? Which do you think will be hardest? Why?*
- *Discuss different opportunities to practice solitude, and ways in which you can commit to and support each other. What is one way you can engage the practice of solitude beginning this week?*

**Dear Heavenly Father**, thank you for your unwavering love for us. We pray this week that your voice becomes more clear to us as we seek ways to draw closer to you. Help us to remember to seek our value and worth through You and You alone. Guide us this week as we strive to live a life of faith. **Amen.**

