



Tuesdays, 9:15-11am

Ladies' Bible Study

Tuesdays, 11:15-12:30pm

Food Bank

Wednesdays, 7-8pm

Prayer Meeting

Sundays in April

“Welcome to the Family” Month

Sat., April 6, 10-noon

Women Connected

Pot Luck Breakfast and “Hats off to WC” – wear your favourite hat

Saturday April 13, 8am

Men's Prayer & Breakfast

Friday, April 19, 10:30am

Good Friday Service

Saturday April 27, 10-noon

Clothing Loft

Online Sacred Pathway Quiz:

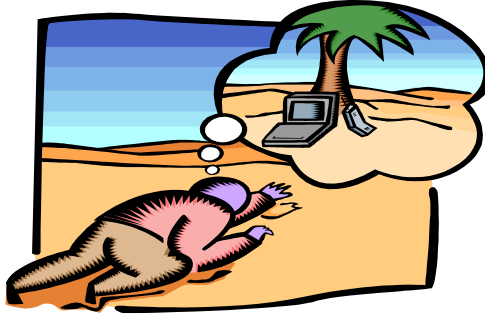
<http://northpoint.org/care/pathways/>

Explanation of Pathways and printable Quiz:

<https://irpcdn.multiscreensite.com/2988a589/files/uploaded/Sacred%20Pathways%20New%20.pdf>



Sheridan Park Family Church



Living The Larger Christian Life: Solitude & Silence

Sunday March 31, 2019

9:00-10:00am Prayer in the Downstairs Fireside Room

10:30am Service

Speaker: Pastor Keith Piquette

This month's elder is Saji Mathews.

In case of need or an emergency he can be reached at 905-916-1842.

Welcome!

We are so glad you are joining us this morning. We would love to greet you personally at our Welcome Table. Please pick up an information sheet about our various ministries or visit our website: **www.spfamilychurch.ca**.

THE FAMILY ROOM is available for parents of children who need a temporary space away during the service yet close enough to easily slip back in. The room is located on the drum-side overflow at the back of the upper auditorium. Please feel free to check it out.



The Larger Christian Life:

Solitude & Silence

- Athletes are disciplined and go into strict training in order to win. In a similar way, Christians go into training because we are also running a race and fighting a fight (1 Cor 9:24–27).
 - Christian training is different from athletic training because it is not accomplished through physical disciplines. Rather, it is accomplished through spiritual disciplines.
- Spiritual discipline is not quick or easy.
 - The prize that we receive is more than worth the effort (2 Timothy 4:7–8).
- Solitude and silence are complementary disciplines because it is difficult to have one without the other.
 - Solitude and silence are very much counter cultural.
 - The Bible shows that silent solitude is an essential part of our spiritual walk and life rhythms.
 - Jesus was the perfect example of this because He often made time for silent solitude despite the demands on Him (Luke 4:40-42).
- Find a “Fortress of Solitude” where you can practice Solitude & Silence.

Small Group Study Questions: March 31, 2019

The Larger Christian Life: Solitude & Silence

Last week the discipline of prayer was presented. Since last week, how have you been active in prayer? Did you get a chance to do the weekly challenge (“Take some time during the best part of your day to practice praying according to the ACTS model.”)? If so, what did you discover?

1. What insight, principle, or observation from this weekend’s message did you find to be most helpful, eye-opening, or troubling? Explain.
2. Growing up, did you ever have a special place for Solitude and Silence?
3. Read 1 Kings 6:7. Why do you think that there was to be no sound of hammer or chisel at the building site of the Temple?
 - a. Read Habakkuk 2:20. What are your thoughts?
4. Read Galatians 1:11-20. Paul spent three years in the desert of Arabia before becoming an apostle. What do you make of this?
5. It was mentioned that Paul often compares the Christian walk to that of an athlete. In Paul’s time there were professional athletes that competed in Olympic type games and it was common for people to watch them compete, much like today. How do you see the comparison between athletes and Christians?
6. The pastor pointed out that Solitude and Silence are counter cultural practices. Do you agree? Why or why not?
 - a. Do you find it difficult to practice solitude and silence today? What are some of the specific challenges you face?
 - b. What are some practical ways you could overcome some of those challenges?
 - c. Discuss ways that God has spoken to you in your quiet times?
7. Do you have a “Fortress of Solitude,” a place where you go to be alone and quiet?
 - a. If not, is there a place that you could make into one? What are some specific steps you would have to take to in order to create this space?

This Week’s Challenge: “Unplug” for one week! Cut out T. V., video games, Facebook, or other unnecessary electronic entertainment. Devote the time you save to spiritual disciplines. Take a prayer walk, have a spiritual conversation with someone you love, read your Bible, set up a “fortress of solitude,” initiate a plan to memorize scripture, rest. If you can, invite those in your family to join with you as you “unplug” and even try for some family devotion time.