

# into the woods

## Part 2: Making a Plan

### Introduction

The constant hum of a sound machine can create a calming atmosphere. But white noise can also mask other noises and voices. Jesus had a keystone habit to get away from all the noise and get into a solitary, quiet place where he could spend time in the presence of his Father. What does it look like practically for us to get into the woods?

### Discussion Questions

1. What are the white noises (socials, busyness, news, podcasts, Netflix, etc.) that most often fill the silence for you?
2. How does the idea of silence and solitude actually land with you? Is that something that makes you lean in or push away? Why?
3. What has your experience with reading Scripture been like? What is the difference between reading Scripture and meditating on it? Have you experienced that difference?
4. Have you ever prayed through a passage of Scripture like Psalm 23 or others? Have you found that habit to be helpful?
5. Which of Samer's questions are most helpful to you in planning time with God:
  1. When do you meet with God?
  2. Where do you go?
  3. What do you do there?
  4. How long is realistic?
6. Which of the three practices (Silence and Solitude, Meditate on Scripture, Prayer) would you want to try the most? Which one would be the biggest challenge? How can our group support each other in these?

### Changing Your Mind

*The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

**Psalm 23:1–4**