

# Weekly Discussion Guide – 5-31-2026

## *The Summer of Slower, Part 1: “The Quiet Place”*

Text: Mark 1:35-39

1. Describe the times you most often feel in a hurry. Do you feel at your best in these moments, your worst, or somewhere in between?
2. **Read Mark 1:35-39.** What stands out to you most about the characters and their behavior in this passage?
3. Now read **Mark 1:12-13, 1:45,** and **Luke 5:15-16.** What pattern do you see in these verses, and what is similar about the place Jesus goes in each?
4. Do solitude and silence tend to be more escape or torture for you? Why?
5. In his book, *The Ruthless Elimination of Hurry*, John Mark Comer explains that isolation is about escape and is dangerous, loneliness is inner emptiness, but solitude is about presence and inner fullness (p.134). Which do you experience most frequently – isolation, loneliness, or solitude?
6. Is there a change you need to make to experience less isolation or loneliness and more solitude?

“In silence and solitude our souls finally come home. That’s what Jesus meant by ‘abide,’ the verb of *abode* or *home*. The place of rest. We come back to our places of soul rest. To what Thomas Kelly called ‘the unhurried [center of] peace and power.’” (John Mark Comer, *The Ruthless Elimination of Hurry*, p.139)

7. Do you practice a regular “quiet time” or “devotional time” of some kind? If so, where, when, and what does it involve?
8. Does it currently involve the silence and solitude, the “coming home” that Comer describes above? If not, how can you make this a regular part of your life with God?