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## DISCUSSION QUESTIONS

# Week 3: Silence & Solitude

*Chapter 7, p.119*

Access videos at [www.thebigchurchread.co.uk/the-ruthless-elimination-of-hurry/](http://www.thebigchurchread.co.uk/the-ruthless-elimination-of-hurry/)

1. Do you ever allow yourself to get bored? Have you ever allowed those moments to become 'portals to prayer'?
2. When faced with nothing to do, do you automatically reach for your phone?
3. 'The wilderness isn't the place of weakness; it's the place of strength.' How do you feel about this idea?
4. How does the idea of cultivating silence - both external and internal - make you feel?
5. 'One of the great problems of spirituality in our day and age that so few people feel safe enough to admit is how separated we feel from God.' Do you agree?
6. Do you 'start your day in the quiet place'? Do you want to? What might stop you from doing so?