

RETREAT

As preached on Sunday, April 27th

Read: Mark 6:6-13 & 30-34

1. What kind of experience do you think of when you think of a retreat? What memories spring to mind? Are the retreats that you've been a part of similar to or different from the retreat described in Mark 6?
2. We're not sure how long the Twelve were engaged in the ministry described in vv.12-13, but by Mark's account that ministry was relatively action-packed! How do you suppose the disciples felt when they returned in v.30?
3. Verse 31 describes a very hectic environment. In what ways does this environment resemble the pace of your everyday life?
4. What solution does Jesus propose? From the passages offered on Sunday (Mt.4:1-11, Mk.1:35, Lk.4:42, Lk.6:12, Mt.14:23), how important do you think the practice of retreat was for Jesus?
5. What are the key components of a retreat? (Hint: the passages listed above and Jesus' invitation in v.31 contain some clues)
6. What are some of the goals in taking a retreat? What benefits will we experience when we arrange our lives around the regular practice of retreats?
7. The disciples' retreat in Mark 6 is a relatively short one. What lesson can we learn from that? Is there value in retreats of different durations? Explain.
8. On Sunday we discussed the value of recognizing a rhythm of withdrawal and engagement. How can an understanding of that rhythm help you to integrate the practice of retreat into your everyday life?