

10,000 Opportunities
Gathering Groups Discussion Questions:

Ice Breaker:

- When you were a kid, how did you typically celebrate Thanksgiving?

Question #1:

- Why is silence important for spiritual growth?

Question #2:

- Read Matthew 11:28-30 together.
- What stands out to you from this passage?
- What does this mean for you as you think about spiritual practices?

Question #3:

- What hinders us in our world from practicing the discipline of silence?
- What specifically hinders you?

Question #4:

- What might it look like in your life to practice silence?
- How can we support each other in this?

Question #5:

- Take some time together to practice centering prayer as outlined in the four steps Osheta introduced.