

Habits of Grace; *David Mathis*

Discussion Questions- Noted by Hollyn Bedford

Chapter 12: Take a Break from the Chaos

- 1. Why is it unhealthy to always have people around? (p. 137 – 138)**

- 2. Would you say you are “addicted to noise”? How do we fill silence in our everyday lives without realizing it? (p. 138)**

- 3. Why is silence sometimes important and how can we incorporate that into our lives as a spiritual discipline? (p. 138)**

- 4. How can we identify when God uses silence to speak to us? (p. 139)**

- 5. Why are silence and solitude beneficial rhythms of life? (p. 139 – 140)**

- 6. “Quiet time” does not always include Scripture, though we should always be meditating on God’s Word. What are some other examples of what quiet time could be? (p. 140)**

- 7. What are some ideas that Mathis gives to have a fulfilling special retreat of solitude? (p. 140 – 141)**