



Sermon-Based Study Guide | Menlo.Church

This guide is designed to guide a group discussion around the weekend sermon. You can also use this as an individual, but we highly recommend finding a friend and inviting them to discuss with you. Menlo Church has Life Groups meeting in-person and online using these guides. We'd love to help you find a group: [Click here for our group finder.](#)

What you will find in this guide:

A discussion guide for groups and individuals. If you are using this as an individual be sure to engage with each question in a journal or simply in your mind as you prayerfully consider what you heard in the sermon and seek to discover what God is inviting you to know and do.

Sermon-Based Discussion Guide for Groups and Individuals

December 4, 2022 – Matt Stephan

The Gift

Every group is different; please choose the questions that relate best to your group, and don't feel like you must get to every question.

Connect

- What type of reaction do you have when you hear the words 'slow down'?
- Do you think that you have a busy schedule right now? What is making it busy?

Engage

Read John 11:6 and Galatians 4:4

- What do these verses say about God?
- Do you naturally think of God as being hurried or patient?
- 1 John states that God is love. Read 1 Corinthians 13:4. What do you notice about love in this verse?
- What does God's patience and slowness say about our hurried pace?

Apply

- Why does God go slow?
- Do you think that love takes time? What is the speed of love?
- What makes you hurry in life?
- What would help you slow down this month?
- Have you listened to the Menlo Mediations? How did they help you slow down and be present to God?

Prayer

Spend time sharing prayer requests and praying for each person that shares. Then read the following prayer slowly over your group and ending with a time of silence.

*Christ, as a light
Illumine and guide me.
Christ, as a shield
overshadow me;
Christ under me:
Christ over me:
Christ beside me
on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.*

Going Deeper

Menlo Meditations:

Listen daily to a short meditation upon scripture. They are designed to help you slow down and remember that God is with you.

<https://menlo.church/menlo-meditations>

Advent Resources:

Check out our advent resource page that has a link to the Menlo Meditations podcast and other practices to help you slow down and remember God is with you.

<https://menlo.church/advent-2022> or menlo.church/advent

Menlo Midweek Podcast:

Tune in every Wednesday for a conversation with the previous week's speaker. It's a deeper dive into the message and an engaging time to learn, reflect, grow—and have fun. Join us as we journey through the Unlikely Witness sermon series together!

<https://podcasts.apple.com/us/podcast/menlo-church-sermon-podcast/id129950807>