



# Take a Breath

*Elise Molinaro*

Questions to consider, discuss or journal.

1. When was the last time you took a moment to notice your breath? What is your experience like when you practice quieting your mind?
2. How does idolizing productivity and efficiency separate you from God? How have you attempted to gain control over? What does this look like in your life?
3. How can you examine your priorities and make space for a lived experience with God?
4. What can we learn from Jesus about pursuing control? What did Jesus pursue?
5. In the account of Jesus visiting with Mary and Martha from Luke 10, who do you most identify with?
6. Christ needed strength from God to keep himself going and prioritized time to connect with God. What can we learn from this? What can happen if we give of ourselves to others without allowing ourselves any time to receive from God?
7. Does your spiritual community provide support for your personal relationship with God? How could it provide a space to focus on our personal relationship with God while in community?
8. How can you find relief from the anxieties of your life through your personal relationship with God? What would it look like to pursue a relationship with God?
9. How do you practically go about finding the inner peace that allows us to open our hearts and minds to receive God? How do we give up control and lean into the valuable relationships with our Father, Jesus, and others?
10. Sit comfortably. Close your eyes. Quiet your mind. Take a breath. Your God is waiting for you.