

Vintage Small Groups Session 1

Benedict and Scholastica



Getting to Know You

1. What's your name, your hometown, and who are some of the important people in your life?
2. Describe a meal that evokes a memory. It could be a singular meal at a moment in time, or a recipe that reminds you of another person, place, or time.

Discussion Questions

1. Karen Wright Marsh looks to “vintage” Christians as spiritual mentors from the past. Whether you have known them personally or not, who are some spiritual mentors that you admire? What have they taught you?
2. Benedict and Scholastica believed that a life of spiritual growth and harmony included a daily, rhythmic schedule of work, community, rest, and prayer. Do you tend to be a person who values structure and routine, or do you prefer spontaneity and variety? Do you have any practices or routines that are life-giving?
3. Why do you think busyness is worn as a “badge of honor” in our culture? How does constant busyness affect us?
4. A hallmark of both Benedictine wisdom and Reformed theology is an acknowledgement of human limitations. How can we find freedom in recognizing our constraints?
5. If you were to have coffee with Benedict and Scholastica, what questions would you ask of them? What affirmations of their work and witness would you offer?

