

Sermon Title: In the Stillness is Where God Speaks

Life Group Discussion Guide

Welcome & Getting to Know One Another

Ice Breaker Question: "Think back to your school days and share about a teacher who made a significant impact on you. What made them so memorable?"

Centering

Take a quiet moment to center your soul on God's presence. Have one member read the following Scripture aloud slowly, 3 times, allowing space for silent reflection after each reading. Participants may close their eyes, take a deep breath, and prayerfully listen, allowing the words to speak to them. Conclude with a brief opening prayer, inviting God to guide your discussion and open your hearts to His teachings.

Scripture Reference: Psalm 46:10

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Exploring

Over the past few weeks, our sermon series has explored various ways to connect with God. Today, we focus on perhaps the most essential yet often overlooked method: stillness. In the chaos of our lives, stillness is where God speaks most clearly. As we dive into Psalm 46, let's reflect on how embracing stillness can deepen our relationship with God. For those who missed today's sermon, we'll recap key points to ensure everyone is on the same page.

Recap of Main Points:

1. Hide in Him: In times of chaos, finding refuge in God allows us to experience His peace.
2. Trust in Him: Trusting God amidst turmoil shows true faith and brings inner calm.
3. Behold Him: Witnessing God's works firsthand transforms our understanding and appreciation of His presence.

Sermon Text for Recap: Psalm 46:1-3, 4-6, 8-9.

- How can the practice of stillness change the way we respond to chaotic situations in our lives?
- Reflect on a time when hiding in God as your refuge provided strength in a challenging time. What was the situation and how did it change your perspective?
- Discuss the difficulties and benefits of trusting in God when the outcomes are uncertain.
- "Behold Him" involves actively seeking and recognizing God's work in our lives. Share a personal experience where witnessing God's action helped you to "be still."
- How can we encourage each other to find more stillness in our daily routines?

- What are some practical steps we can take this week to "be still and know" that He is God in the midst of our busy lives?

Ending

Break into smaller groups of two or three, as able, to pray for one another for what you might be facing this week. Share one area of your life where you feel challenged to live out the teachings from today's discussion. Pray for each other, asking for peace, strength, and the ability to find stillness amid life's storms. Let's ask the Holy Spirit to guide our actions and thoughts throughout the coming week.