

WHISPER

WEEK 2 – SESSION 2: THE WHISPERING SPOT

REVIEW

When is it easy to be aware of God's presence? When is it difficult? Why do you think that is?

BIBLE EXPLORATION

LUKE 4:40-44 AND LUKE 5:12-16. What's your attitude toward rest? Do you think of it as selfish? Unnecessary? Essential? Rare? Why do you think you have that perception of rest?

DEEPER WALK

Select **one** activity below to complete **each day** before next week.

Read: Read Luke 22:39-46. Why do you think it was important for Jesus to pray right before His death? How did those prayers prepare Him for what was to come?

Get Alone: Take at least fifteen minutes this week to be completely alone with God. Silence any distractions or noises. Use that time to pray—confess sin, lay down burdens, read a Psalm, thank God, praise Him, listen.

Rest: Develop rhythms of rest this week. Take moments to rest at the beginning and end of each day, set aside a day for Sabbath, or schedule a personal retreat.

Study: Read Psalm 46 this week. Every time you read the psalm, ask why God says to be still and know He is God. Write down what you learn and consider sharing it with a friend.

Pray: Ask God to teach you how to slow down and sit in His presence. Pause throughout your day to pray and remind yourself that He is always with you.