

# Be Still.

## Session 1: Encounter

In the first session of the Be Still series, we'll explore the significance of a regular encounter with God.

### Key verse

*He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth”. (Psalm 46:10)*

### Bible passages

Genesis 3:8-9, Psalm 46:10

### Summary points

- Quiet times are about encountering God.
- Find a location for encounter and find a time for encounter.
- “I don’t remember what I had for breakfast last Tuesday, but it was good for me.”  
– Brian

### Questions

- What did you find most helpful in the video?

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# Be Still.

- Where is your specific place to meet with God? If you don't have one, where could it be?

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- Natalie, Hannah, Kwok and Brian shared different times of day that they encounter God. What time could you carve out for an intentional time of encounter?

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- What currently distracts you from spending time with God? Is there a way you could turn these distractions into a new way of praying?

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- What practical things could you do to increase your eagerness to encounter God?

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## Practical challenge

This week, try setting a timer for five minutes every day to sit and be still in the presence of God.

# Be Still.

## Session 2: Scripture

In this session of the Be Still series, we'll explore the significance of the Bible and how it can shape our quiet times.

### Key verse

*Your word is a lamp for my feet, a light on my path. (Psalm 119:105)*

### Bible passages

Psalm 1:1-2, Psalm 119:11, Isaiah 59:1, Luke 4:16

### Summary points

- Bible reading is one of the fundamental pillars of a quiet time.
- The Bible becomes embedded in our hearts when we memorise it.
- “The Bible is alive. What a privilege that we can open it at any moment.” – Hannah

### Questions

- What did you find most helpful in the video?

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- How do you approach reading the Bible in your daily life? What are the things that prevent you from reading it?

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# Be Still.

- Brian mentioned the important relationship between prayer and the Bible. Do you lean more towards prayer or Bible reading in your quiet time? How could you challenge yourself to make this balance more even?

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- “Meditation is not an emptying of the mind, but a filling of one’s mind with the word of God.” Have you ever tried memorising Scripture, or experienced how remembering Scripture has helped you during difficult seasons in your life?

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- Kwok and Natalie suggested creative ways to memorise Scripture. Reflecting on your own personality and experience, how could you engage with the Bible in a new way this week?

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## Practical challenge

This week, pick a Bible verse to memorise.

# Be Still.

## Session 3: Wonder

In this session of the Be Still series, we'll think about how the practice of wonder can inspire and bring fresh life to our quiet times.

### Key verse

*God saw all that He had made, and it was very good. (Genesis 1:31)*

### Bible passages

Genesis 1:31, Genesis 28:10-17, Psalm 24:1

### Summary points

- There is creation beauty everywhere but sometimes we just don't see it.
- Developing wonder in our daily lives can help us increase our awareness of God.
- "It's like having that new pair of eyes to see things for the first time, to give us that wonder." - Kwok

### Questions

- What did you find most helpful in the video?

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# Be Still.

- How comfortable and/or excited do you feel about using your imagination and practising wonder in your relationship with God?

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- What specific things distract you from slowing down to appreciate what's around you? Is slowing down necessary to practise wonder?

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- We all have a different interpretation of beauty. Where do you most easily see the glory of God?

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- Do you think that our self-esteem can get in the way of our encounters with God? Do our own interests and to-do lists distract us from practising wonder? "We get so busy doing the work of the kingdom that we forget to sit at the feet of the King." - Brian.

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## Practical challenge

This week, at the beginning or end of your day, write down anything you saw that pointed you to the wonder of God.

# Be Still.

DAYS OF THE WEEK	WHAT DID YOU SEE TODAY THAT POINTED YOU TO THE WONDER OF GOD?
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

# Be Still.

## Session 4: Hiddenness

In this session of the Be Still series, we'll explore the value of and lessons that can be learnt from hiddenness.

### Key verse

*“Depart from here and turn eastward and hide yourself by the brook ...”* (1 Kings 17:3)  
(ESV, emphasis added)

### Bible passages

1 Kings 17-18, Romans 12:2, Matthew 7:7

### Summary points

- In hiddenness we learn about God and are prepared for the moments when we will be visible.
- We need to learn the art of perseverance in a culture of immediacy.
- “I’ve seen too much of God to give up.” – Natalie

### Questions

- What did you find most helpful in the video?

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# Be Still.

- How well do you cope with the idea of hiddenness in your life?

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- Do you have a place of hiddenness with God? Where could you make time and space in your regular routine to develop one?

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- What things do you need to ‘ask and keep asking’ for in prayer? How can you encourage yourself to persevere in prayer?

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## Practical challenge

This week, try intentionally to take a break from social media.

# Be Still.

## Session 5: Mission

In our final session of the Be Still series, we'll unpack how our quiet times can be the launch pad for sharing Jesus in the world.

### Key verse

*“Therefore, go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.”* (Matthew 28:19)

### Bible passages

Matthew 28:16-20, Acts 2:1-41

### Summary points

- The relationship we develop with God in our quiet times will affect how we live our lives.
- Prayer is always the birthplace of mission.
- “Who is my neighbour and what does love look like today?” - Natalie

### Questions

- What did you find most helpful in the video?

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# Be Still.

- Who is your neighbour? What does love look like today (or this week)?

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- *“For the joy that was set before Him He endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”* ( Hebrews 12:2 ) What would it look like to live a life that is joyfully sacrificial?

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- What one thing has had the greatest impact on you from this series? How will it make a difference to your quiet times?

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## Practical challenge

Make a list of five people you would like to come to know Jesus.

Commit to pray for them regularly (even daily).

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_