

## Practicing the Way | Week 4 | Practice the Presence Student Handout

### KEY TRUTHS

- Presence precedes transformation
- Silence reveals what shapes us
- Busyness can hide spiritual emptiness
- Identity forms through proximity to Jesus, you must spend time with Him.

### SCRIPTURE

**1 Kings 19:11-13** Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice.

**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!*

**John 15:4-5** *Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. "I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.*

**Mark 1:35** *Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.*

**Psalm 131:2** *Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child is my soul within me.*

**Luke 10:39-42** *And she had a sister called Mary, who also sat at Jesus' feet and heard His word. But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."*

**2 Corinthians 3:18** *But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.*

## **REFLECTION**

1. What noise & distractions fill my life?
2. What happens when I am silent? Pay attention to what you hear and feel.
3. Where and when can I practice presence this week?

## **PRACTICE**

- Practice 10 minutes of silence each day this week.
- Pray: Jesus, I am here and then give space for Him to speak to you. Be sensitive to what you hear and feel.
- Journal insights through the process.

## **QUESTIONS TO THINK ABOUT**

1. Why is silence hard?
2. How does busyness affect faith?
3. What did Mary understand that Martha missed?
4. How does presence shape identity?