

## **SAC Small Groups Discussion Guide – June 7, 2026**

This guide comes with the expectation that even if someone has missed the Sunday service, they have watched the sermon before coming to their small group.

### **Fellowship Time**

Make sure to have time where people can chat and catch up. This section could include a dinner together, having a potluck, preparing snacks, etc. The key to this section is make people feel welcomed and seen.

### **Read this Overview Aloud Together**

This section contains a brief summary of the sermon that was preached on Sunday. It will have the main point explained as a way to help those remember the sermon. This is not an in-depth overview because the expectation is that everyone will take the time to listen to the sermon.

The sermon explored how stillness isn't about finding the perfect quiet place, but about recognizing God's presence in the midst of our noisy, busy lives. Drawing from Psalm 46 and the historical account of King Hezekiah facing the Assyrian army, we discovered that these familiar words carry profound implications for our spiritual life. Just as God delivered Jerusalem when Hezekiah had exhausted all options, God invites us to anchor ourselves in His presence, surrender to His truth, and experience awe and wonder at who He is—even amid our packed schedules and endless commitments.

### **Discussion Questions**

These questions are prompts to help the group have meaningful dialogue over the sermon this past weekend. Do not feel the need to ask all these questions. You are more than welcome to create your own questions or mix the questions together.

1. Do you have any questions about the passage or the sermon?
2. In what ways has the constant noise and busyness of modern life hindered your ability to recognize God's presence in your daily rhythms?
3. How does understanding that stillness is defined by recognition of presence rather than by place or posture change the way you approach your relationship with God?
4. In what areas of your life are you tempted to trust in your own strategies and positioning rather than being still and trusting God?
5. What practical steps can you take this summer to cultivate awareness of God's presence amid the noise and distractions that fill your days?

### **Reflect and Discuss the Practice and Prayer**

This is an opportunity for accountability and formation in your group. Accountability to ensure people are practicing the practices and formation because we believe that these

practices will shape and form us into the people that God intended us to be. Take time to practice this together and reflect on each person's experience of these practices.

***Take 2-3 minutes of silence for each person to personally answer:***

**Be Still:** How are you becoming aware of His presence?

**Know:** How does the knowledge of Him call you to surrender?

**I Am God:** How is the truth about who God is causing you to experience awe and wonder?

Take time to share some of your reflections with the group.

### **End in Prayer**

Take some time to pray with each other. This is not a time for gossip or to be cynical, this is an opportunity to share with each other our burdens, to celebrate and praise God together, and to pray expectantly that God would move.