

FLAPS DOWN - The Gift of Being Grounded

Icebreaker: What kind of changes are you going to make for 2020?

You know you're low on fuel when you're... When you are low on fuel, which of the two bullets below tend to creep into your life? How?

- ***Inwardly self-absorbed*** – “There he went into a cave and spent the night. And the word of the LORD came to him: ‘What are you doing here, Elijah?’ He replied, ‘I have been very zealous for the LORD God Almighty...I am the only one left, and now they are trying to kill me too.’” (1 Kings 19:9-10a, 10c)
- ***Outwardly others-frustrated*** – “The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword.” (1 Kings 19:10b)

It's hard to refuel with the Lord unless you're grounded...

And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. (1 Kings 19:12b-13a) - Read this verse. Do you tend to look for something magnificent when waiting for God to respond or a gentle whisper?

Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a boat to a solitary place. (Mark 6:31-32) - Where and how do you rest? How often do you rest? Is it easy for you? Why or why not? What might that be telling you about your soul?

The gift of being grounded includes... - while reading the list below, ask yourself, “do I need some any of these in my life?” If so, take note and then answer the last question.

- ***Clarifying God's direction in your life*** – “Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed. Simon and his companions went to look for Him, and when they found Him, they exclaimed: ‘Everyone is looking for you!’ Jesus replied, ‘Let us go somewhere else – to the nearby villages – so I can preach there also. That is why I have come.’” (Mark 1:35-38)
- ***Forcing you to be present rather than productive*** – “Be still before the LORD and wait patiently for Him...” (Psalm 37:7a)
- ***Confronting the internal rather than the external*** – “Test me, O LORD, and try me, examine my heart and my mind...” (Psalm 26:2)
- ***Helping you let the soul out*** – “I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted away within me. My strength is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death...But you, O LORD, be not far off; O my Strength, come quickly to help me.” (Psalm 22:14-15, 19)

“Be still, and know that I am God...” (Psalm 46:10a)

Do you desire any of the above bullets in your life? If so, could you add a little silence and solitude to the first/opening question above? If so, how could you make that work in your calendar?