



GUIDED BIBLE STUDY

Be Still and Listen

Speaker: Rob Reidel

Highlighted Scriptures

Matthew 11:28–29 (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

Psalms 62:1 (NIV)

“Truly my soul finds rest in God; my salvation comes from him.”

2 Thessalonians 3:13 (NIV)

“And as for you, brothers and sisters, never tire of doing what is good.”

Galatians 6:9 (NIV)

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Psalms 46:10 (NIV)

“He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’”

Discussion Questions

- 1. Why is it often difficult to find stillness and rest in your daily routine?**
- 2. How do you personally know when God is trying to get your attention?**

3. What practical steps can you take to create more intentional quiet time with the Lord?

Reflection Challenge

- **Set aside 10–15 minutes today for silence before God — no phone, no music, no distractions.**
- **Reflect on the question: “What might God be trying to say to me right now?”**
- **Write down one truth or encouragement that comes to your heart during that time.**

Prayer Prompt

“Lord, I come before you tired and exhausted. My body feels heavy and my spirit is weary. But I know that You are my refuge and strength. Please renew my energy and restore my mind. Fill me with Your peace and the strength to carry on. Help me to rest in Your love and trust that You are working even when I can’t see it. Amen.”

