

WEEK 8

SILENCE

WARMUP

What spiritual gifts did the test say you have? What are your thoughts on them, do you agree or disagree?

What is the purpose of the spiritual gifts? (read 1 Corinthians 14:12 for context)

This week's spiritual discipline is about silence.

- Is silence something you long for or find terrifying?
- When you hear the word "silence" what images or settings comes to your mind?
- In a world that is busy and loud, what are some environments in which silence can be found?

WATCH

As a group, watch this week's video: Silence.

WORKOUT

Read Psalm 46:1-11

- What is the purpose of the call "to be still?"
- What is the main point of a passage like this?
- What encouragement does a passage like this have for the Christ follower? What does a passage like this tell us about God?

Read 1 Kings 19:9-18

- What is taking place in this passage?
- What is the connection between silence, seeking, and waiting upon the Lord?
- Why is it significant that the prophet hears God in a quiet whisper?
- What is the charge that the prophet is given?

PRAY

Pray that you would be able to focus on the things that matter most and drown out unnecessary distractions this week. Pray for freedom and relief from the voices and noise of this world.

REPS

Spend 10 minutes per day (I'd recommend two to three days this week) in which you sit in absolute silence. Eliminate, as much as possible, all noise and distractions and spend that time only focusing on you and God.

Plan a personal retreat day (or half day) to practice the discipline of silence.

Take a few minutes, personally, to reflect and jot down the answers to these questions:

- Was practicing silence easy or difficult? Awkward or natural? Why do you think that is?
- Where did your mind want to wander whenever you detached it from everything else?
- How did silence help cultivate listening to God?