

# NOTES & DISCUSSION QUESTIONS

## DO THE ONE THING: SILENCE

### SERMON SUMMARY

This sermon teaches that Silent Saturday—the day between Jesus' death and resurrection—represents the difficult space where God feels silent and life does not unfold as expected. Through biblical examples like Jacob and Jesus Christ, it shows that silence and solitude are often where God does deep inner work, builds trust, and helps us hear His voice more clearly. The main challenge is to move beyond talking to God and learn to become still enough to listen, trusting that even in quiet seasons, God is present and speaking.

### KEY POINTS

- Silent seasons are part of faith
  - Matthew 27 shows the tension of waiting between death and resurrection
  - God can seem silent when life does not go as expected
- Silence reveals what is happening inside us
  - External quiet often exposes internal fear, doubt, and struggle
  - Silence forces us to confront what we usually drown out
- God does deep work in solitude
  - Jacob wrestled with God when he was alone (Genesis 32:22-24)
  - Solitude creates space for honesty, surrender, and transformation
- Jesus Christ practiced silence as a discipline
  - Jesus regularly withdrew to pray before ministry, temptation, and major decisions
  - Strength was built in hidden places before public moments
- Silence helps us hear and trust God
  - God is speaking, but noise often keeps us from recognizing His voice
  - Stillness develops deeper trust in God's presence and timing

### DISCUSSION QUESTIONS

1. **When have you experienced a “Silent Saturday” season—where God felt quiet and life did not make sense? What was hardest about that season?**
2. **What kinds of external noise or internal thoughts most often keep you from hearing God clearly?**

3. **Why do you think silence and solitude can feel uncomfortable or even intimidating for many people?**
4. **In what ways did Jesus Christ model the importance of withdrawing to be alone with God before major decisions or difficult moments?**
5. **What practical change could you make this week to create intentional space to listen for God instead of only speaking to Him?**