



ANCHOR**HOMES**

DISCUSSION QUESTIONS

05/08/22

“TO BE STILL” - 1Kings 19

Justin Richter

1. Check in on how everyone did last week with the practice of listening to God through taking in His Word, meditating on it, studying it, memorizing it, and responding to it. What were the challenges or victories? Did anyone try something new?
2. What are some of the overwhelming noises in your life that distract and consume your mind and heart?
3. When is the last time you spent time alone with God? Have you ever gone beyond a regular quiet time, escaping from your life and duties to spend time alone with God? What was that experience like? Was it fruitful?
4. What does it mean to you to be still and alone? Do you find it easy? Difficult? How come?
5. How does understanding the importance that Jesus placed on silence and solitude change your attitude about it?

PRACTICE THIS WEEK: Try to find some time (at least 5 minutes) to just be still and silent before the Lord in solitude.