

GROUP LEADER DISCUSSION GUIDE

Title: *Stillness in a Chaotic World*

Speaker: Pastor Keith Kurtz

Date: July 6, 2025

Key Text: Psalm 37:7

OPENING REFLECTION

Start with this warm-up question: **“When you hear the word stillness, what comes to mind—peace or pressure?”**

Then follow with: **“How easy or hard is it for you to ‘be still’ in your everyday life?”**

THREE TRUTHS ABOUT STILLNESS

1. Trust God’s Presence

READ: Psalm 37:7a, Luke 5:16, Exodus 14:14, Isaiah 30:15

DISCUSSION QUESTIONS:

- What does it look like for you to be still before the Lord?
- How can stillness be an act of surrender rather than inaction?

KEY TAKEAWAYS:

- Stillness isn’t the absence of chaos—it’s the presence of trust.
 - We stop striving when we start surrendering.
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2. Trust God’s Process

READ: Psalm 37:7b, Romans 4:20, James 1:4

DISCUSSION QUESTIONS:

- Why is waiting so difficult in our culture—and even in our faith journey?
- Can you think of a time when God’s “delay” led to something greater?

KEY TAKEAWAYS:

- God's timing is always right—never early, never late.
 - Waiting is how God forms us, not forgets us.
 - Don't microwave what God is slow-cooking.
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3. Trust God's Perspective

READ: Psalm 46:10, Isaiah 46:9–10, Revelation 19:6

DISCUSSION QUESTIONS:

- In what ways does stillness help combat fear or anxiety?
- Why does certainty in God require quiet confidence?

KEY TAKEAWAYS:

- Stillness reminds us: God is still God.
 - His perspective is higher, wiser, and always sovereign.
 - Confidence in God's control brings calm to the chaos.
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SPIRITUAL BENEFITS OF BEING STILL

READ:: Psalm 46:10, James 4:8, John 10:27, Isaiah 30:15, Psalm 23:2–3, Romans 12:2

DISCUSSION QUESTIONS:

- Which of these benefits speaks most to your current spiritual season?
- What's one you want to grow in this week?

PRACTICAL APPLICATION “In a chaotic world, how do we be still?”

1. Unplug
2. Reflect
3. Pray Honestly
4. Read Scripture
5. Listen

DISCUSSION QUESTIONS:

- Which of these steps is easiest for you?
 - What would it look like to make stillness a daily lifestyle, not just a moment?
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CLOSING REFLECTION

DISCUSSION QUESTIONS:

- “Where do you need stillness most right now—in your mind, your schedule, or your spirit?”
- “What’s one change you could make this week to practice stillness with God?”

GROUP PRAYER

Invite the group into a short moment of actual stillness before prayer—30–60 seconds of quiet.

Then pray together for:

- A deeper awareness of God’s presence
- Patience to trust His process
- Confidence in His perspective
- Strength to make stillness a habit, not just a hope

Note: It may help to play Instrumental Hymns or Hillsong Instrumental music in the background while you pray and wait in silence. This may help people feel more comfortable.