

Calvary Assembly Life Group: Quiet Time

January 5th-January 11th

Focus: The primary goal of the evening is for group members to leave better understanding the effects of quiet time alone with God in our lives, and a renewed passion for carving out time to spend with Him.

Video:

Show the video. It is about 4 minutes long. It will set up the conversation on quiet time with God.

Scripture: We'll include the Scripture. Below we've used a sample from Hebrews as an example.

Matthew 6:5-8

Faith in Action

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. **6** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. **7** And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. **8** Do not be like them, for your Father knows what you need before you ask him.

Reflection Time

- We recommend taking about 3-4 minutes for people to reflect after the passage. A thought you may want to present at this time is "As you reflect on this passage, think about your own personal time with God. Where and when does it happen? What does it look like, and what effect does it have on your life?" You can choose your own thought to present as people reflect, but this will help to make the passage personally applicable.

Questions for Discussion:

Question: In the video, Pastor Bob shared about some of the effects that he has noticed in his life when he spends quiet time with God. What effects have you seen in your own life when you find quiet time to spend alone with God?

Question: What is the biggest challenge in your consistent alone time with God?

Observation: In verse 5, Jesus described those praying for public spectacle as "hypocrites." A hypocrite is defined as someone who claims to have moral standards, but who doesn't back those words up with their actions.

Question: Why would Jesus use this word to describe the people praying for publicity's sake?

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Question: What does Jesus mean that those who pray in the synagogues and on the street corners have “received their reward?”

Make it personal: Most likely, you're not oftentimes praying on street corners or in front of synagogues. What is the mentality that Jesus is referencing in this statement, and how could it apply to your life individually?

Question: What do you think is the reward that is promised to those who pray in secret?

Question: Why do you think Jesus recommends private conversations with God?

Question: Jesus purposefully steers his followers away from babbling and constantly talking in their prayer time. What are the risks of a prayer life that is spent constantly talking?

Goal of this question: Jesus emphasizes quiet time with God, which involves both talking and listening in God's presence.

Observation: There is also a level of risk in allowing God to speak into your life. Scripture is filled with people who God asked to do things that would have seemed both counter-cultural and at times terrifying to do (Abraham was instructed to sacrifice his son Isaac, Ananias was instructed to restore sight to Paul, who was a known murderer of Christians).

Question: What are the “risky” parts of a relationship in which you listen to what God has to say to you? What might scare you about opening yourself up to that relationship?

Follow-up question: With all of these potential dangers of listening to God, why is it worth it to open yourself up Him? What have been some of your best experiences in which you stopped to listen to God instead of speaking?

Question: If God knows what we need before we ask Him, then why do we ask Him for those needs to be met at all?

Goal of this question: This question could go any number of directions. Bringing our requests to God reinforces our need for him in our hearts, and it allows us to align our hearts with His heart for us. As your group discusses, be sensitive to the direction of the conversation and to what God is doing in your group.

Question: What's your rhythm for prayer? What works well? what could be improved?

Get practical: What are some practices that will enable you to develop a healthier prayer life?

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Prayer:

(LIFE GROUP LEADERS):

Open this time up for prayer requests to be shared. At the conclusion of this, ask the group to commit to praying for one or more of those prayer requests in their quiet time throughout the week. One person can close the time in prayer, or several people in the group can pray for the various prayer requests (up to your discretion).