

LISTEN

THROUGH QUIET



God speaks in many ways and guides those who follow Him. All we need to do is learn to listen. This might sound easy, but sometimes listening is hard. Our rapid pace of life and surrounding noise distracts us from the reality of God's love and His desire to communicate with us. This sermon series will help you discover practical ways to listen to God's voice in your life and grow as a follower of Jesus.

INTRODUCTION

Welcome to the *Listen* series! While there are many references and commands about quiet in Scripture, we can find it one of the rarest or hardest rhythms to incorporate in our lives. Pastor John teaches what can happen when quiet is avoided and how a quiet place gives God room to cultivate a quiet posture in us.

DISCUSSION

1. Do you believe you have a quiet posture these days? Why or why not? How would those closest to you describe your pace and priorities?
2. **Revisit and read Isaiah 30:1-18.** Consider the three pitfalls of the Israelites. They depended on homemade plans, increased their cycle of sin, and found irrational fear leading the way. Which of these are you most likely to find yourself slipping into when there's a lack of quiet in your life? Are any present right now? How might you use these as signals for quiet?
3. Pastor John shared that actively avoiding quiet is almost always a result of sin. Sin wants us to run, hide, avoid, and cover. Compare Pastor John's statement to your answer from question one.
 - Are there areas you're running or hiding from God that may be keeping you from quiet? Then ask yourself the deeper questions:
 - Do you trust God with those areas of your life?
 - Do you trust in his grace to meet you in your repentance if you got honest and quiet with him?
4. Here is a reminder of Pastor John's lessons from quiet:
 - God is great...I don't have to be in control.
 - God is glorious...I don't have to fear.
 - God is good...I don't have to look elsewhere.
 - God is gracious...I don't have to prove myself.

Which of these messages do you need the most right now? How might a regular rhythm of quiet with God help fight the sin that's causing you to run and hide? Remember, learning to listen through quiet is the secret weapon of real soul transformation.

APPLICATION

The best way to starting listening to God is exactly that – to start. This week, commit to 15 minutes with God each day in quiet. As you begin, know it takes practice. There is a legitimate learning curve, especially when we're used to full, fast-paced days. Use these practical tips from Pastor John to help:

- Decide you will engage in quiet.
- Three Ps:
 - Place* – find a quiet spot. Ask for help to keep noise away.
 - Paper* – write down thoughts you have so you can move on.
 - Pace* – take your time. Love and hurry don't mix.
- Do a physical scan. Breathe deeply, identify where you're tense, and relax.
- Your mind will wander. Smile and bring it back.
- Write down consistent thoughts, words, impressions, or names.
- Remain in one verse or passage; this isn't a Bible study.

Whether your first few quiet times go well or not, remember you're developing a new muscle. Invite God in to reveal why you may be running from quiet knowing he loves you unconditionally. Be encouraged by Isaiah 30:18: "Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!"