

“Be Still: Focus and See”

Growth Group Guide

February 15, 2026

WELCOME (Connecting with each other)

When on a walk, have you ever had someone gently and quietly place their arm out to stop you, so you don't miss the beautiful bird, deer, or other amazing wild animal in front of you. Or maybe they were saving you from stepping on an endangered plant, or worse, off a cliff! It's a move that told you, “Be still, and quiet, and focus.” “Don't miss seeing the amazing or important thing near you.” Often, we remember exciting moments like that forever. Do you have one? Share it now. Why might we struggle to see wonderful things without a little moment of being still?

WORSHIP THROUGH PRAYER (Connecting with God)

Open in prayer, inviting the Spirit to teach and encourage each heart as we study 1 Samuel 12. Celebrate that God doesn't want you to miss a single, amazing thing He's done on your behalf. He wants you to see it all!

Psalm 145:1-7 (NLT) I will exalt you, my God and King, and praise your name forever and ever. I will praise you every day; yes, I will praise you forever. Great is the LORD! He is most worthy of praise! No one can measure his greatness. Let each generation tell its children of your mighty acts; Let them proclaim your power. I will meditate on your majestic, glorious splendor and your wonderful miracles. Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. Everyone will share the story of your wonderful goodness; they will sing with joy...

WORD (Letting God speak to us)

1. **Read 1 Samuel 12:1-5 ESV.** How can you tell from these verses that Samuel lived with his focus on God?
2. **Read 1 Samuel 12:6-12 ESV.** Samuel briefly reviews the history of Israel from Moses to their current day. He tells the Israelites to stand still, be still, while he does this. Why do you think he told them to stand still, be still?
3. How does reviewing what God has done help us to keep our focus on God and attentive to seeing His working in the present?
4. Samuel was an excellent leader, and he took an opportunity to remind Israel not to take their focus off God just because Saul had some success against the Ammonites. Who in your life has been a Samuel and encouraged you to keep your focus on God? Did they have their own unique way of doing this?
5. **Read 1 Samuel 12:13-19 ESV.** To Israel, it didn't seem like a big deal that they wanted a king like all the other nations. However, Saul as king was not God's choice but the people's. How would this have been an issue for them?

6. It's amazing God grants their request for a king. Why do you think He allowed this insubordination? Think about God's character and what He might be hoping to accomplish with His people.
7. Samuel tells the Israelites to stand still, be still a second time. He wants them to fix their attention on the great thing God was going to do to prove Himself (sending rain and thunder). What other great things might God do to show Himself to us today if we stand still?
8. **Read 1 Samuel 12:20-25 ESV.** How might Samuel's words here encourage us to course correct when we miss focusing on God, to not confound our mistake by adding other mistakes to it?
9. The Ammonites attack caused the Israelites to ask for a human king rather than God. What “Ammonites” in our lives might cause us to grab onto human help? What human help (“kings”) might we rely on in place of God?
10. How does seeing this help us to adjust, get our focus back on God, and help us see what He is doing?

WALK (Living out God's purposes)

- ✓ **One Big Idea: To be still is to focus on God so that we might see the great things He is doing.** This lesson may have alerted you to the fact that when things are tough, or just in general, being still with God to see where He's working might not be your go to. You might have other sources (“other kings”) you use or drift towards for rescue or to fill you up. Are you able to identify them? Talk to God about it this week. Be still with Him and ask His Spirit to reveal how superior He is to everyone and everything, how He is working for you, and how to rely on Him for all you need. Remember, being tempted to rely on anything besides Him is just a thought trying to keep you from God who is life itself. You can say “No” by His Spirit and course correct. You might need to seek godly counsel for help, but it's worth it! He doesn't want you to miss a single thing He is doing in and around you.

WORLD (Embracing God's heart for others)

Last fall our network of One Church/One Day churches prayed for a need for OBGYNs at McKenzie-Willamette Hospital, and in our community in general. Recently the hospital announced continued obstetric care after the departure of Oregon Medical Group OBGYNs. Praise the Lord! There are now 6 OBGYNs with privileges at the hospital. Current prayer needs in the Health Care area of our community are: 1. Health Care Professionals to have hope, peace, and joy. 2. For Doctors to come and stay in our community. 3. Pray for local Christian doctors to live out their faith in the workplace. 4. Pray for medical students to integrate faith into their vocation. 5. Pray for Christians to speak directly into the Lane County Medical Society. See pages 6-7 of the January-April 2026 See the City prayer guide for more. “For with you is the fountain of life; in your light we see light.” Psalm 36:9

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