

“Be Still: Transformed”

Growth Group Guide

April 5, 2026

WELCOME *(Connecting with each other)*

Did you have a favorite Easter Sunday moment this year with Jesus? With family? With friends? Share about it now.

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer inviting the Spirit to lead your time together. Celebrate that the resurrected Jesus’s presence in us and teaching us transforms our lives. A guarantee to stillness!

Luke 24:34a (NIV) “It is true! The Lord has risen...”

Because Of Jesus (partial song lyrics...)

There on the cross at Calvary - You gave it all to purchase me
You are the Savior and the God Who set me free

Now my heart cries This is my Redeemer
With my whole life I will give You praise
All the glory to the One Who’s worthy - Because of Jesus I have been changed

Into your likeness You transform me - Making me holy like You’re holy
No longer I who live but Christ Who lives in me

You bring freedom to the captives- Good news to the poor
Healing to the broken - And joy to those who mourn
You turn ashes into beauty - The ruins You restore
I am a testimony - Of the goodness of the Lord

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WORD *(Letting God speak to us)*

1. **Read Luke 24:13-16 NIV.** The first sighting of the resurrected Jesus in Luke is of two unnamed disciples just walking along the road. Why do you think the Holy Spirit had him record this account first?
2. Jesus joins the regular, everyday people on their return journey home. How does this expand the meaning of the story for you?
3. **Read Luke 24:17-18 NIV.** The two disciples don’t know it’s Jesus, so they their animated and heated conversation continues. How might they have acted if they knew it was Jesus with them? Do you think Jesus was bothered by their authenticity?
4. Jesus’s question causes them to abruptly stop and stand still with sadness written across their faces. They were in complete shock. Why do you think Jesus asked them this question? Why might Jesus interrupt our times of churning with a simple question?

5. **Read Luke 24:19-24 NIV.** Jesus asks another question, which causes them to recount what has transpired. What do you think Jesus is after here? This question has a different purpose than the first one.
6. Is it wrong for us to process difficult situations? When we do, what can bog us down? What do we need to get unstuck?
7. **Read Luke 24:25-27 NIV.** Jesus helps them get unstuck. What two things does He provide to help? Does this help us know what to look for when we are feeling stuck and unable to change?
8. **Read Luke 24:28-29 NIV.** How does Jesus’s action provide an opportunity for these two disciples? How does this interaction help us know how Jesus interacts with us and how we might respond to Him?
9. **Read Luke 24:30-32 NIV.** The disciples time with Jesus transformed them from restless to still. Unlike these two, we have Jesus’s presence with us 24/7 because the Holy Spirit is in us. How does this help us practice stillness in the everyday, even in spiritual crisis?
10. **Read Luke 24:33-35 NIV.** These disciples just had to share what had happened! How have you been transformed by Jesus through the Be Still series? What has been meaningful to you? How are you practicing those qualities? Who would you like share your stillness qualities with?

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is be transformed by the presence and teaching of the resurrected Jesus.** What is the last place you’d expect Jesus to show up in your life? What would it look like if He did? Has He already but you just missed it? What Be Still qualities would help you process these questions with Him? Spend time with Him, discussing it all. Enjoy His presence and personal teaching this week. It’s a guarantee to transformation and stillness so lean in, listen, meditate, and be ready to shift to joy, rest, and contentment.

WORLD *(Embracing God’s heart for others)*

(Note: We do not share the name of our missionary in Turkey for protection purposes - please do not post this update online.)

Following is a portion of the March outreach update from our missionary in Turkey: “We continue with Bible distribution and compassionate care for those in need. Recently, we made a visit to a refugee family who just had their 6th child. She was born small and couldn’t nurse. We gave them a portable cradle and several boxes of formula. Also, we purchased 500 loaves of bread for an official who gives it out for free to locals if someone purchases. Another little girl, “Angel,” who attended a children’s program this summer is in the hospital with an abdominal lump. Please pray that it will not be cancer and that God will heal her completely. Also, pray for her family as mom is staying at the hospital which is hours away. During winter break, our son visited us. He is at university to become a dietician. Pray with us over our son’s life, that God would fulfill every resolve for good so God might be glorified in his life.

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