

Sermon-Based Discussion Questions

February 10th, 2019

Ice Breaker Questions:

How quiet is your world?

How well do you handle with quiet?

Talking To Myself:

On February 10th we started a new series called *QUIET* and Doug asked: **“What if being QUIET actually speaks the loudest?”** Doug made the case for the fact that we live in a noisy world and it has a negative impact on our lives, including our souls. How have you observed that to be true?

READ: Mark 6:31 *Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a **quiet** place and get some rest.”*

And READ: Psalm 23:2-3 *“He makes me lie down in green pastures, he leads me beside **quiet** waters, he refreshes my soul...”*

Why do you think QUIET is important for soul care? How is a lack of quiet detrimental to our spiritual health?

READ: Psalm 46:10 He says, *“Be still, and know that I am God”*

Doug stated that “being still is required to know God well”.
Do you agree or disagree with that idea?

We have a God-given need for QUIET, stillness, and solitude...and a Lack of QUIET is damaging our souls. What do you think each of these means? And why does it matter?

QUIET?

STILLNESS?

SOLITUDE?

Putting It Into Practice:

Psalm 131:2 *“But I have calmed and **quieted** myself...”*

Doug talked about the importance of being intentional about being and bringing quiet. He gave 3 action steps:

ASSESS: How will you quiet your world this week? Assess the noise level in your world. What is the noise level in your life and a scale of 1 to 100? 1 = completely quiet to 100 = deafening noise?

How do YOU keep YOU from Quiet? If quiet is hard for you, why is that the case? And how do you sabotage quiet in your life?

Examples: Boredom, Fear, Guilt, Uneasy, Habit, busy, technology, lack of intentionality, etc.

ACT: How will you quiet your world some this week? Be intentional about seeking quiet. Find some quiet space this week. Create Quiet. Move the needle closer to QUIET by closing the gap on your scale of 1 to 100. How will you do that this week? How will you push PAUSE, MUTE, and lower the VOLUME for your world and seek to be still and know God?

AID: Creating quiet spaces often requires help from someone else. How can your help bring quiet into someone else's world this week?

CLOSING PRAYER: Have people share prayer requests for this week and spend some time praying for each other. Challenge everyone to pray for each other throughout the week.