



Be Still: Find Center | June 17, 2020

Discussion Guide

The Scoop

When things are heavy and spiraling out of control, oftentimes we look for the most out of control things to resolve; but what if we looked towards the center instead?

Key Verses

Proverbs 3: 5-6 NIV

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Discussion

Right now, the social and political landscape is volatile and emotionally uneasy. We are getting conflicting information from all angles and subsequently we are finding ourselves more and more emotionally charged about topics. While it may seem counter intuitive, we get hooked on the chaos which leads to more chaos internally and externally.

1. How have you been feeling about any and all the external chaos in the world?
2. How do you think your attitude and emotions affect those around you? How are you affected by other peoples' emotions?

If you can imagine a ceiling fan that is spinning, the outside fan blades are chaotic and whipping by in the blink of an eye, while the center of the fan is seemingly still and balanced. Our life works very similarly: the further we get from the center, the more we feel out of control. If we take a moment to pause and listen, we gain the ability to step back and see what is going on from a different perspective. More importantly, we meet God in the center. We meet God in the quiet and we are better able to listen, discern, and then respond appropriately.

3. What parts of your life are currently chaotic like the fan blades? What parts of your life are still and calm like the center of the fan?
4. What are the ways you can be still, be quiet, and go to meet God in the still center? When can you do that? How often?

In today's world, we almost always have a gut reaction to a topic and react. We form opinions, we fill uncertainty and disruption with pre-existing thoughts and ideas. We rarely pause, take a breath, and pull away. What might it look like to just pause and listen? Since God often shows up in our lives through others, and we can better hear his still soft voice when we separate ourselves from the chaos, take time this week to hear what other people are saying. Then be with God. Listen to God. Let God work inside your heart and mind. Proverbs 3:5-6 tells us to "lean not on your own understanding" and "trust in the lord."

5. How does "lean not on your own understanding" challenge you right now?
6. Similar to question 2 above; who are you listening to for more understanding? Who is looking to you and listening to you?

What's Next?

This week as you engage your faith, consider moments that you are talking without listening. Where are the places that you are leaning on your own understanding? Set aside time to push pause, be silent and be with God. The challenge moving forward is that our words and actions would be a reflection of this intentional time with God at the center.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.