



Be Still | April 5, 2017

Discussion Guide

The Scoop

Many of us are running around trying to find answers. We are so busy doing so that we aren't able to see that the answer may be waiting for us to stop long enough to actually see it.

Key Verse

Psalm 46:10 (NIV)

Be still and know that I am God.

Discussion

Near everyone has taken a ride on the back of a shopping cart through a parking lot. It's always fun until the weight shifts to the back of the cart and the cart flips up and the rider hits the pavement after a clumsy attempt to regain footing. If you stop and think about it, our faith lives are not much different. Typically everything is good until it isn't. We are so busy running from thing to thing...fitting in small groups, bible studies, prayer, and church. We seem to always exist on the edge of the whole thing flipping up and leaving us splattered on the proverbial pavement.

1. What is your favorite parking lot story (car, cart, person, etc.)?
2. What are the things in your life that cause you scramble to fit everything in faith or otherwise?

In the Bible, Jesus has an encounter with Mary and Martha. Martha runs around trying to keep up appearances and please Jesus while Mary sits with Him. There is a hurry about Martha and a calm about Mary. Martha works to get the attention of Jesus so He sees all that she is doing. Jesus responds, "Martha, Martha, you are worried and distracted by many things. One thing is necessary. Mary has chosen the better part." Martha is so busy trying to please Jesus that she misses the fact that He is sitting right in front of her.

3. What about your faith life might be distracting you from Jesus himself?

When we consider the many great things of the faith journey and the important celebrations of Christmas and Easter, it is easy to get caught up in the action and miss Jesus. Serving, attending, giving, going to groups, and going to church are important parts of the spiritual journey, however, we can often get so focused on these things themselves that we miss the point entirely. The message this week is from Psalm 46:10, "Be still and know that I am God."

4. What are some practices of stillness and reflection that you could implement to be more aware of Jesus in your life?
5. When is the last time you sat still and listened?

What's Next?

This week as you go from thing to thing to thing, be sure to build in time of rest and stillness. Step off the rail of the cart and slow down. God does not ask us to flirt with disaster in our pursuit of Him. He asks us to sit with Him. This week take time to sit with Jesus.