



Be Still and Know

Digging Deeper

Being Still

Week of December 31, 2017

These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.

Message Recap:

Read 1 Kings 19:9-13

Elijah performed many great feats in the name of God--miracles that most of us could never even dream of doing. Yet here we find him in an all too familiar place. We see Elijah feeling the same feelings that we ourselves oftentimes feel. It's easy to feel overburdened by all that we do. Day in and day out we go to work, we take care of our families, we go to church, and we try to generally be good people. But the problem is, in a world where we're all constantly caught up in what we're doing, we rarely take a moment to stop and be still; we rarely take the time to be quiet and let God speak. God displayed a small glimpse of his full power when we wrought the wind, earthquake, and fires down upon the mountain where Elijah was hiding, yet in was in the stillness of a whisper where God revealed himself to Elijah. It is in the quiet of a whisper where that very same God wants to speak to you, if only you will be still and listen...

Pray

Lord, we are such a busy people, and we rarely take the time to be still. As we move into a new year, we ask that you help us calm down in our crazy lives and find the time to sit and quiet our hearts and minds so that we can hear your words and feel your presence. We know we can never do enough to overcome the benefit of being still and knowing that you are God – that you are in control, and that you will guide us through this crazy thing called life. Thank you for being such a good Father.

Getting Started

- What personal goals do you have for the new year? What do you hope to accomplish?
- What *spiritual* goals do you have for 2018?

Digging Deeper

1. When was the last time you found yourself hiding in a 'cave' or feeling alone or overwhelmed? Why were you there?
2. How often do you take the time to stop and feel truly still? Why do you think that it's so hard for us to stop? Why are we so busy as humans?
3. What is it in your life *specifically* that is preventing you from being still?
4. Read 1 Kings 19:9-13 together. Why do you think God revealed himself as he did to Elijah?
5. If God asked you, "What are you doing here..." right now, what would you say?
6. When you've been still in the past, what has God revealed to you? Tell a specific story if you can. Or, talk about what you are seeking or longing for God to reveal to you.
7. How are you going to overcome some of your obstacles to being still so that you can have more quiet time with God in 2018?

Living Jesus

Jesus was the perfect example of being still. Though there were always crowds around him everywhere he went, he constantly took the time to stop and be with people who needed him. When we cry out to Jesus he hears us, and in fact, he hopes that we will do just that because he's always ready and waiting to be still with us. And Jesus himself went off to be alone to pray with God, and he stilled himself so that he could hear what God had to say to him.

Your Story

As you move into the new year and think about all that you want to accomplish, remember that it's not about *what* you do, but more about being with God and letting him pour his love into you. Share your story about what happens when you are still at the following link:

Share your personal story with us (under Share Your Story in the Forms at mysevernrun.com or go here:

<https://severnrun.ccbchurch.com/goto/forms/124/responses/new>.