

Be Still.

Part 1

Central Scripture for Session

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth”. – Psalm 46:10

What do you think it means to **‘Be Still’**?

Part 2 – Video Session

Whilst watching the video think about what your answers would be to the following questions (Feel free to bullet point ideas and thoughts as the video plays):

Question 1 – Do you have a specific place or time you meet with God? If not where/when would you want this to be?

Question 2 – What distracts you in everyday life? What Distracts you most from spending time with God?

Be Still.

Part 3 – Discussions involving the above questions as a group

Write below any important points from the group discussion.

Part 4 – Prayer Time

Take the time now to voice any concerns you may have for the coming week or anything you would like prayer for. As a group we will all pray together and ask God to bless our coming week.

Part 5 – Challenge!!

Before our next group session – try setting a timer on your smartphone (or use a physical clock) to set aside **two minutes** in your week to **'Sit and be still in the presence of God'**.

Write in the box below any thoughts that may have come to mind during this quiet time and whether you thought you were hearing/seeing/sensing anything from God.

This is for your own personal notes and will not be discussed in the next session. However, if anything exciting or anything you'd like to talk through comes up, then please speak to one of your Youth Leaders and we would be more than happy to discuss and pray into this further with you.