

Be Still.

Part 1 - Introduction

In this next Session of the 'Be Still' book series we looking at how we we can use 'Scripture' to meet with God in our quiet times and also how to 'Meditate and memorise' these scripture to connect with him.

Key Book Chapters:

- Chapter 3 (Scripture)
- Chapter 4 (Memorise and Meditate)

Key Verse:

*"YOUR WORD IS A LAMP FOR MY FEET, A LIGHT ON MY PATH."
– PSALM 119:105*

Part 2 – Video

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 – What did you find most challenging in this video?

Question 2 – How often do you read the bible? And What distracts you from reading the bible?

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Question 3 – Do you lean more towards prayer or Bible reading in your quiet time? And how can you challenge yourself to balance this out more?

Part 3 – Discussion

Write in the box below any ideas/thoughts from other people that you enjoyed or that you came up with yourself during the discussions.

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 all of our weeks ahead.

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Part 5– Challenge!!

Before our next group session – This week, pick a Bible verse to memorise.

Write the verse in the box below. And use your quiet time this week to try and pray over that verse and try to memorise it.

While praying over this verse if God gives you any pictures or words, write/ draw them in the box below also.

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NOTES:

Here is a section for you to write any extra notes or thoughts from the session: