

# Be Still.

## Part 1 - Introduction

In this next Session of the 'Be Still' book series we are looking at how practising 'wonder' and using our 'imagination' in our quiet time can help us to discover more of God's presence.

### Key Book Chapters:

- Chapter 6 (Imagination)
- Chapter 7 (Wonder)

### Key Verse:

*GOD SAW ALL THAT HE HAD MADE, AND IT WAS VERY GOOD.  
– GENESIS 1:31*

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## 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** – What specific things distract you from slowing down to appreciate what's around you?

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**Question 3** – We all have a different view of beauty is: where do you most easily see Gods beauty?

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## 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.

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## 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, at the beginning or end of your day, write down anything you saw where you could see the wonder of God.

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.

We will Check in next week to see what God has been saying to you.

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## NOTES:

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