

Be Still.

Part 1 - Introduction

In this next Session of the 'Be Still' book series we are looking at the value and lessons that can be learnt from Hiddenness.

Key Book Chapters:

- Chapter 8 (Persevering)
- Chapter 9 (Hidden Life)

Key Verse:

“DEPART FROM HERE AND TURN EASTWARD AND HIDE YOURSELF BY THE BROOK...” – 1KINGS 17:3

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 moments in life have you prepared for in hiddenness (In secret or not in public)?

Question 2 – Are there any favorite places you like to go to for alone time or quiet time with God? If not yet – where would this be?

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Question 3 – Are there any things you have persevered for in prayer (prayed for on many occasions) ?

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 – Try not to go on any form of social media for ONE WHOLE DAY!

Instead of doing that, take some time to Be Still and have ‘Quiet Time’ with God and see what he has to say or show you.

We will Check in next week to see what God has been saying to you. Feel free to write or draw things that God has been showing you in the space below.

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NOTES:

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