

Be Still.

Session 2

Scripture



Be Still book chapters for this session:

Ch. 3 (Scripture), Ch. 4 (Memorize and meditate)

A note for leaders:

Welcome to session 2 of the Be Still series.

Each session is designed to take one hour but can easily be adapted for your group's needs. We recommend allowing time at the beginning to chat and get to know one another, especially if your group is new.

Each session will include a general question to allow groups to talk about what impacted them most – feel free to allow this to shape the rest of your discussion and don't worry if you don't get through all the questions! However, if your group prefers to have multiple questions to work through, these are provided too.

We also recommend allowing time at the end for reflection and to pray for one another, especially as each session requires a little vulnerability.

1. Welcome and introduction

5 mins

In this session of the Be Still series, we'll explore the significance of the Bible and how it can shape our quiet times.

Key verse

Your word is a lamp for my feet, a light on my path. – Psalm 119:105

Begin the session by opening in prayer.

2. Watch the video

15 mins

Bible passages

Psalm 1:1-2, Psalm 119:11, Isaiah 59:1, Luke 4:16

Summary points

- Bible reading is one of the fundamental pillars of a quiet time
- The Bible becomes embedded in our hearts when we memorise it
- “The Bible is alive. What a privilege that we can open it at any moment.” – Hannah

3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. How do you approach reading the Bible in your daily life? What are the things that prevent you from reading it?
- Q. Brian mentioned the important relationship between prayer and the Bible. Do you lean more towards prayer or Bible reading in your quiet time? How could you challenge yourself to make this balance more even?
- Q. How do you think our perspective of the Bible as the Word of God compares to other faith traditions, cultures, or periods in history? Do we give it enough respect?

Q. "Meditation is not an emptying, but a filling of one's mind with the word of God." Have you ever tried memorising Scripture, or experienced how remembering Scripture has helped you during difficult seasons in your life?

Q. Kwok and Natalie suggested creative ways to memorise Scripture; reflecting on your own personality and experience, how could you engage with the Bible in a new way this week?

4. Prayer and practical challenge

15 mins

Prayer

Finish your time together by closing in prayer or splitting into small groups to pray for one another's specific needs.

Practical challenge

This week, pick a Bible verse to memorise. You could even recite it to the rest of the group next week!

Additional resources

 **Be Still: A Simple Guide to Quiet times, Brian Heasley**

 **How to pray the Psalms (PDF)**

Download from the Prayer Course toolshed – www.prayercourse.org/toolshed – **Resource #5**

 **Use the Bible to pray**

www.24-7prayer.com/praythebible