

Be Still.

Session 1

Encounter



Be Still book chapters for this session:

Ch. 1 (Encounter), Ch. 2 (Distraction)

A note for leaders:

Welcome to the Be Still series. We hope that this resource will equip you and your community to explore how to grow and develop a daily quiet time with God.

Each session of the series 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 the first session of the Be Still series, we'll explore the significance of a regular encounter with God.

Key verse

He says, "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

Begin the session by opening in prayer.

2. Watch the video

15 mins

Bible passages

Genesis 3:8–9, Psalm 46:10

Summary points

- Quiet times are about encountering God
- Find a location for encounter and find a time for encounter
- "I don't remember what I had for breakfast last Tuesday, but it was good for me." – Brian

3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. Where is your 'garden': your specific place to meet with God? If you don't have one, where could it be?
- Q. Natalie, Hannah, Kwok and Brian shared different times of day that they encounter God. What time could you carve out for an intentional time of encounter?
- Q. Do you think that it's crucial for every Christian to set aside time every day to meet with God?
- Q. What currently distracts you from spending time with God? Is there a way you could turn these distractions into a new way of praying?
- Q. What practical things could you do to increase your eagerness to encounter God regularly?

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, try setting a timer for five minutes every day to sit and be still in the presence of God.

Additional resources

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

 **How to have a Quiet Time (PDF)**

Download from the Prayer Course toolshed – www.prayercourse.org/toolshed – **Resource #2**

 **The Lectio 365 app**

www.24-7prayer.com/lectio365