



THE INTIMATE GOD

CHAPTER 2

Stillness

GROUP LEADER

Encourage your group to do the exercises for this week. Information without practice will not help us grow in intimacy with Jesus.

DISCUSSION QUESTIONS

1. Take some time to talk about the exercises from last week. How was your experience of the Father's love this past week? What was it like to imagine yourself in the Prodigal Son story?
2. This week we will be learning about and experiencing the practice of stillness. What do you think makes it so difficult for us to practice this in our lives?
3. Read Genesis 3:1-9. Reflect on the question God asks Adam after Adam and Eve had failed. "Where are you?" Why do you think God asked that question?
4. Stillness provides an opportunity for us to ask our hearts that same question: Where are you...really? Is it easy or difficult for you to tune in to your heart and why?
5. In I Kings 19, we see Elijah, in the midst of some difficult emotions, choosing to express those emotions to God. Read I Kings 19:1-5. Look closely. What specific emotions does he express to God?

6. How comfortable do you feel bringing your raw, honest self to God?

7. Pastor Alan described three aspects of stillness:

1. Creating space for stillness.
2. Being present to yourself.
3. Being present to God.

Which of those is the biggest challenge for you and why?

8. As you are beginning to practice stillness through the exercises for this week (or maybe have practiced this in the past), what has your experience been like? Has this been easy and life giving? Has it been difficult? If so, what has been difficult?

9. Take some time as a group to practice stillness. Have everyone close their eyes and begin some spiritual breathing. (on the inhale, "Abba Father", on the exhale, "I belong to You.")

Now have everyone ask their heart this question: Where am I? What emotions or thoughts am I experiencing right now? Take a moment to tune in to those parts. Imagine them all seated around a table. All are welcome.

Now have each person focus on one of those parts. Imagine Jesus moving toward that part of you with a heart of compassion. Let Him minister to that part of you.

10. Take some time to debrief that experience.