



2022 Lenten Small Group Questions

Week 5 – March 27, 2022 - "Silence"

Scriptures: Luke 5:15-16 & Psalm 46:10

Preacher: Keenan

To start your time together...

As you begin your time together this week, start by simply setting a timer for 3 minutes and sit in silence together. During the silence, lay aside the things that might serve to distract you during this time with your small group. Ask God what he wants to reveal to you as your group meets. Listen for His response. Allow your full attention to be on God.

Scriptures

Luke 5:15-16

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. 16 But Jesus often withdrew to lonely places and prayed.

Psalm 46:10

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Reflection Questions

1. What are the things that serve as "noise" in your life?
2. Is there any silence in your walk with Jesus? Why or why not? What keeps you from embracing more silent moments in your spiritual walk?
3. Have you had any bad experiences with silence in the past? Are there things that you fear will come up in the silence?

4. What do you think would be the result if you embraced more time alone and more time for reflection each week?

5. How good of a listener are you? What makes for a good listener? What attributes are you looking for when you are trying to assess if someone is a good listener? Are those same skills applicable to this conversation of silence and solitude?

Prayer Exercise

As you have discussed the reflection questions above, what are areas of your life that could use prayer over?

Spend time praying for each other and see if there are moments in the coming week where you might be able to “withdraw to a quiet place to pray.”

Other Resources

“Spiritual Disciplines Handbook – Practices that Transform Us.”

by Adele Ahlberg Calhoun

“Celebration of Discipline – The Path to Spiritual Growth.”

by Richard Foster

“Invitation to Solitude and Silence.” by Ruth Haley Barton

For additional study and reflection, read 1 Kings 19:1-19.