

Personal Liturgy

Week 6: Be Still and Know that I Am God

Primary Passages: Psalm 46

Related Passages: 1 John 2:3-6 and Galatians 5:16-25

"People do not drift toward holiness. Apart from grace-driven effort, people do not gravitate toward godliness, prayer and obedience to Scripture, faith and delight in the Lord. We drift toward compromise and call it tolerance; we drift toward disobedience and call it freedom; we drift toward superstition and call it faith; we cherish the indiscipline of lost self-control and call it relaxation; we slouch toward prayerlessness and delude ourselves into thinking we have escaped legalism; we slide toward godlessness and convince ourselves we have been liberated."

-D. A. Carson

LifeGroup Study Guide:

Personal Liturgy Challenges: How is the 30 minutes of solitude with God going? (Difficult, rejuvenating, stressful, boring, life-giving, etc.)

Read and Recap: Have someone read **Psalm 46** and **1 John 2:3-6** and recap the highlights from this week's sermon.

In the sermon we described Jesus' "hidden life." How would you describe your "hidden life?" Where do you see the positive or negative impact of your hidden life in your external, visible life?

When you try to practice solitude, describe your experience.

- What hesitations (if any) do you have with being alone and quiet? What reasons are most likely to keep you from practicing solitude?
- What distractions are most likely to interrupt or remove you from solitude?

Can you see any ways in which you might be inadvertently addicting yourself to distraction?

Are you facing any practical challenges when it comes to practicing solitude? Are there any ways we can help?

In our society, we have been trained to believe that being alone is a problem to be solved. **Pray** that our church would grow in training ourselves in solitude and discover the joy of being still with God. **Pray** that our LifeGroup would encourage one another daily to spend time alone with God without distraction and enjoy Jesus as our satisfying treasure.

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