

## ***“PATHS: Slow”***

Psalm 46

Pastor Jim Oakley – December 1, 2019

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Slowing down helps us tune in to God.

### 1) SLOWING DOWN

a) Solitude (Mark 6:30-32)

b) Silence (Psalm 46:10)

### 2) TUNE IN (1 Kings 19:1-18)

*READ AHEAD FOR NEXT WEEK:* Isaiah 9:6, Hebrews 4:15-16

## Discussion Questions

ICEBREAKER: What was your favorite family vacation and why?

- 1) What are the physical and psychological effects of busyness?
- 2) What are some of the loudest distractions from God in your life?
- 3) Read Mark 6:30-32. Can you find any other times when Jesus sought solitude?
- 4) If solitude was important for Jesus, why don't we value it the same way?
- 5) How can the voices or words of other people drown out God's voice?
- 6) What would happen in your life if you took a vow of silence for a day? (A week or month?)
- 7) Read Psalm 46 and describe what the psalmist is worshipping God for.
- 8) How can silence be a form of worship?
- 9) How often do you take time to just “be still” before God?
- 10) Read 1 Kings 19:1-18. Identify what misconceptions Elijah may have had about God speaking.
- 11) What do you need to do to hear God's still small voice?
- 12) How would you go about setting apart time for silence and solitude?
- 13) How can we pray for you this week?