

1: HOW DO WE BECOME “QUICK TO LISTEN”?

Do we enter the place of a prayer in a hurry, is it a part of our daily routine that we occasionally rush, do we quickly say what we need to say then finish?

2: HOW DO WE CULTIVATE STILLNESS?

Yesterday we talked about giving ourselves no rest; today we talk about calm and stillness how can the two work together?

READ PSALM 131: 2 “I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.”

Not only in times of prayer but in life we need to grow in stillness, in a world that is fast moving and full of noise we need to learn how to withdraw into God and find peace and stillness in him.

DO YOU THINK WE PRACTICE SABBATH WELL?

As a group or individual it might be doing a bible study into the practice of Sabbath.

READ PSALM 46: 10

How often are we not still and how often do we try to be God?

READ ALOUD MARK 4: 35 - 41 How does this story impact you?

What is interesting about this story is that Jesus said “LET US GO OVER TO THE OTHER SIDE” yet somewhere in the middle of the sea the storm caused the disciples to forget that if Jesus had said it, it was probably going to happen!

As a group pray with one another, proclaim this phrase over each other and the storms you are passing through “PEACE, BE STILL”.

REFLECT

One of our boiler room leaders Sally Harman once said “WE HAVE LEARNED TO DO LESS AND PRAY MORE” how does that statement make you feel?

Would practicing a spirituality of wonder help us in being still?

“We get so preoccupied with ourselves, the words we speak, the plans and projects we conceive that we become immune to the glory of creation. We barely notice the cloud passing over the moon or the dewdrops clinging to the rose leaves. The ice on the pond comes and goes. The wild blackberries ripen and wither. The blackbird nests outside our bedroom window. We don’t see her. We avoid the cold and the heat. We refrigerate ourselves in the summer and entomb ourselves in plastic in winter. We rake up every leaf as fast as it falls. We are so accustomed to buying pre-packaged meats and fish and fowl in supermarkets we never think and blink about the bounty of God’s creation. We grow complacent and lead practical lives. We miss the experience of awe, reverence, and wonder.”

STOP FOR A MINUTE, LOOK UP AND EXPERIENCE THE WORLD WITH AWE, REVERENCE AND WONDER.

PRAY

Father God, we pray that you come to us in stillness and peace in order that we can travel through this world as purveyors of Your stillness and peace to others. Lord help us to be centred and rooted in you from a position of being and not doing. Help us Lord to breath you in to allow your calm to inhabit us as we live life, face storms and carry you into the world. **For the sake of Your Kingdom, Amen**