

Gathering

QUIETNESS

It's hard to find quietness in a world defined by so many technological advances and social stimuli. Cell phones, social media communication, computer animation and special effects all around, on line access to goods, can all take over the mental space for quietness. No wonder people seem unable to find peace anywhere. We must look inside ourselves to find it.

Isaiah 32:17 says *"The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever."*

There is a correlation between quietness and peace. Both are by-products/results of a personal relationship with God. When God reigns in our lives, His righteousness/ruling brings wholeness and wellbeing to us and to the land surrounding us. His presence brings peace.

Quietness is absence of noise or disturbances, but it's not emptiness. To cultivate quietness is to intentionally seek stillness from outside sources to find God's presence inside us. In that search, we quiet down all *"outside noises"* until we can hear His voice clearly. This exercise will bring rest to our souls and direction to our lives.

We must cultivate quietness because in doing so, we find His comforting presence.

After sharing the Scripture, use at least three of the questions on the following page with your group.

- Do you seek time of quietness regularly?
- What are some of the deterrents for our cultivating quietness with God?
- What is the relationship between quietness and spiritual growth?
- What are some practical ways to incorporate quietness into your daily routines?

Complete your monthly report and turn it in to the Corps Officer.

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We live in a world filled with noises... Daily life seems to come loaded with many "urgent things" that need our attention, from family to work; from home to church... How can we cultivate quietness amid all of these to determine what is important and successfully prioritize? Explore the following:



PSALM 46:10

How does this verse support the strength that comes from our quietness/stillness before God?

MARK 1:35-37

This verse tells us Jesus got up very early in the morning to go to a solitary place to pray. After reading these verses, answer the following:

- How did Jesus manage to make the time for quietness?
- What insight do we get from the reaction of the disciples when they found Jesus?
- What insight do we get from Jesus' reaction after the disciples found him?



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