

The Life You've Always Wanted: Slowing Down & Celebrating

D-Group Discussion Guide: March 10, 2010

1. What were your initial thoughts or reactions to our quiet time tonight?
2. What were you hoping would happen during this time?
3. How did the time meet your expectations? Were you surprised? Frustrated? Encouraged? Excited? Bored?
4. How did God speak to you?
5. The entire night's reflections were centered around the command in Psalm 46:10 to "Be still and know that I am God." Why do you think it is so hard for us to be still?
6. What fears prevent us from being still before God?
7. What are some techniques, places, times that would help you be still?
8. How can your D-group help keep you accountable to be still before God?
9. Pray together as a group.