

Connecting Group Questions
Living a Life of Stillness in the Presence of God
8-02-09

1. Describe a time in your life when you felt as though you were falling victim to this thing called busyness.
 - a. What were some of the ways that you found yourself fleeing or coping with the busyness in your life?
 - b. Discuss the quote by Henri Nouwen. Have you ever found yourself thinking this way?

“He (a mentally handicapped person named Adam) taught me that being is more important than doing, that God wants me to be with him and not do all sorts of things to prove I’m valuable. My life had been doing, doing, doing. I’m a driven person, wanting to do thousands and thousands of things so that I can show---somehow, finally ---that I’m worthwhile.”

2. With the word “mindset” meaning the way that you think about stillness, do you agree or disagree with this statement?

“Don’t try to practice stillness in your life if your mindset is not changed.”

Use the following verse to discuss the above statement.

“Nor do people put new wine into old wine skins; otherwise the wineskins will burst, and the wine pours out and the wineskins are ruined; but they put new wine in fresh wineskins, and both are preserved.”

-Matthew 9:17

3. In the following verses we see that the Holy Spirit wants to be continually renewing and transforming us. In what area or areas of your life do you need to be **stilled** in the presence of God in order to be a new creation?

“Be transformed by the renewing of your mind” -Romans 12:2

“Be renewed in the spirit of your mind, and put on the new self, which in the likeness of God, has been created in righteousness and truth.”

-Ephesians 4:23-24

4. Discuss as a group how you might accept Jesus invitation to stillness this week. Be creative and think outside the box!