

G O D I N T H E
SILENCE



Introduction

God often speaks to us in the moments of silence. Yet the problem for most of us is that we do not slow down long enough to listen.

This guidebook was created in an effort to help take the awkwardness out of the silence. For each day of this week you'll find some scriptures, a couple questions for your reflection, and a thought to help guide your prayer.

Here are a few more quick ideas to help you make the most of your time:

- **Put it on your calendar.** We schedule everything into our lives and most often our relationship with God is what is pushed aside. Schedule it in.
- **Select a place.** Yes this is important (we'll discuss this later in the week). Make sure it's comfortable, but not too comfortable, and away from the distractions of life.
- **Have a pen and paper nearby.** If nothing else, it is not uncommon to suddenly remember something that needs to be on the grocery list or a task to be done. Use the pen and paper to write all those distracting thoughts down so you can deal with them later—instead of now.
- **Tell someone** who will ask you about it. It could be another CCJ person or just a trusted Christian friend. But tell someone who will be sure to ask you about it later in the week.

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Day 1

“Silence.”

Psalms 46:10a

Be still, and know that I am God...

Zechariah 2:13

Be still before the LORD, all mankind...

Questions

In your experience how comfortable are people with silence? Why is silence so difficult to deal with?

What are some of the most common distractions in your own life that make it difficult to “be still” before God?

How specifically might your relationship with God change if you simply made it a daily priority to “be still”?

Prayer

- Ask God to help you make your time with Him a non-negotiable priority this week.
- Ask God to help you learn how to be still before him.
- Take a few minutes to practice being still and listening for God.

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Day 2

“Watch.”

Mark 1:35

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Luke 5:16

But Jesus often withdrew to lonely places and prayed.

Questions

Jesus was the Son of God. He was God in the flesh. Why do you believe it was so important for him to spend this much time quietly with God?

Do you see Jesus' example of spending quiet moments with God as intimidating or encouraging? What is it about His example that makes you feel this way?

What is one simple step that you can take become more like Jesus in this way?

Prayer

- Ask God to help you learn from Jesus' example.
- Spend a few minutes quietly before God just being still.

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Day 3

"Listen."

1 Samuel 3:10

The LORD came and stood there, calling as at the other times, "Samuel! Samuel!" Then Samuel said, "Speak, for your servant is listening."

John 10:27

My sheep listen to my voice; I know them, and they follow me.

Questions

What is your first reaction to hearing someone say that they have "heard from God"? Are you skeptical? Interested? Curious? Optimistic? Uncomfortable?

Do you believe God still speaks to His people today? If so, in what ways?

Does your schedule, your time, your life, look like that of a person who is actively listening for God? What might you do to make things different?

Prayer

- Ask God to help you see how you can make listening for His voice a consistent priority in your life.
- Spend your quiet moments actively listening for God.

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Day 4

“Whisper.”

1 Kings 19:11-12

The LORD said, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by." Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

Questions

In this scene Elijah was worn out and at his wits end. He felt completely disconnected from God and unable to go on. When are the times you most feel as though God is distant and you do not know if you can continue?

There is a the wind, then an earthquake and then fire, but God is not in any of them. Instead, God shows up in a gentile whisper. When listening for God, would you prefer a whisper, or something a little louder?

Is it possible that you've been searching for God in the winds, the earthquakes and the fires and He's waiting to speak to you in the silence?

Prayer

- Ask God to help you listen for his still, small voice in your life.

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Day 5

"Rest."

Mark 6:30-31

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Matthew 11:28

Come to me, all you who are weary and burdened, and I will give you rest.

Questions

One reason that Jesus wanted his disciples to get away was simply so they could rest. When was the last time you viewed quiet moments with God as a time of rest?

How much do you personally value rest in your life?

If you are not still, and do not take the time to listen, how is it that Jesus is going to give you rest?

Prayer

- Thank God for his wisdom, and then rest quietly in His presence.

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Day 6

“Speak.”

James 1:19

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak...

Questions

Why is talking so much easier than listening?

Among your friends and family, who do you believe is the best example of living out this concept? If your friends and family were to give you a grade in “listening first”, what do you believe your grade would be?

How applicable do you believe this concept of listening first is to our quiet times with God? How is this similar or different from what you have been taught or understood previously?

Prayer

- Before asking anything, take time to listen for the leading of God. Then, feel free to speak.

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Day 7

"Seek."

Luke 6:12-13

One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles.

James 1:5

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

Questions

Before a big decision, Jesus spent the night in prayer. Why do you think this was an important step for Jesus?

When was the last time you asked God for wisdom? Or did you even know that this promise was available to you?

What are two or three areas or specific situations in your life where you could use godly wisdom?

Prayer

- For a few moments, be still and listen for God.
- Ask for godly wisdom for those specific areas you listed above.
- Thank God that He cares enough for us to give us wisdom in our time of need.

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Day 8

“Continue.”

Lamentations 3:25-26

The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD.

Questions

Over the past several days how has an intentional quiet time with God impacted your day, your outlook, your attitude or your Christian walk?

How has your perspective on having a quiet moment with God changed over the last week? What words would you use to describe your experience to another individual?

What specific steps can you take to build on the foundation that was laid over this last week?

Prayer

- Thank God for any way you have seen him working this last week.
- Ask Him for diligence to continue making time with Him a priority.
- Be still and know that He is God.

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Notes & Reflection

Use this area as a place to write down any extra notes, prayers or reflections during your moments of silence.

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