

## **Flourishing in the Stillness – 4-Week Bible Study**

By Captain Jan Pemberton  
Divisional Women's Ministries Secretary  
Cascade Division

When we have periods of stillness in our lives, we can get complacent. This is when we need the Lord the most. This Bible Study will discuss how to remain connected to our Savior in times of stillness and peacefulness. We all know it is easier to stay connected with the Lord when times are tough, but in peaceful times, we can sometimes become lazy and disconnected.

This is a four-week Bible Study on Being Still. It is designed to be done in a small group. Group studies are essential to our church mission, to grow saints, and have a better understanding of the Bible.

### **Why Small group Bible Studies? Why is it important to be in a group setting?**

Bible Studies are sometimes the start point of growing community, discipleship, and serving more in our church. Experts say that those who participate in the community of believers and learn God's word develop a healthier spiritual life than those who do not. Those who join in studying God's word read their Bibles, pray more, and feel more comfortable sharing their thoughts with groups of people, thus boosting their confidence. Long story short: gathering together to learn more about God's word matters, and this Bible study group matters!

### **How to Have Discussions on flourishing during the stillness of life**

#### **Discussion Guidelines:**

##### **Introduction:**

Have easy questions that everyone in the group can answer. We will dig deeper throughout the study, but this is a good starting point. Have fun with it, and laughter is encouraged.

##### **Observation:**

Read the passages of scripture together. Have the group discuss the passage read and give feedback. Encourage several members of the group to share.

##### **Understanding:**

Relate the passage of scripture to what is happening in the world today. Unpack it to see how it affects those worldwide and our communities. What do others, both believers and non-believers, think or believe?

##### **Application:**

What is going on in your world and the world around you? How can the group apply the scripture to their current lives? Be honest and be real. Give examples if our group feels comfortable enough.

**Prayer:**

Prayer is the best way to end a conversation during our study together. Also, give praise reports as well.

**Small-Group Guidelines**

**Purpose:**

How to stay connected to God during the still periods of our lives. Connect, grow closer to the Lord, and learn more about the Bible. These are essential to grow spiritually and transform lives.

**Attendance:**

Regularly attend meetings to increase trust within the group.

**Safe Environment to share:**

It provides a safe place to share deep feelings and ask questions a person may not feel they can invite others. It provides a safe space to avoid judgment.

**Confidential:**

Like providing a safe space, no judgments, do not share the struggles or worries with others outside the group.

**Spiritual Health:**

We are encouraging one another to live a God-honoring life.

**Participation and Encouragement:**

Find the value for everyone's unique contribution. Help one another by encouraging everyone to find a way to participate.

**Build Relationships:**

Find ways to pray, serve the Lord, and enjoy each other's company.

## **Week 1: Keeping our souls recharged**

We do not do well when we run on empty. This week is about keeping the flame of our faith going in the quiet periods of our life.

***"Be still, and know that I am God! I will be honored by every nation; I will be honored throughout the world."*** Psalm 46:10 NLT

1. Take a turn to answer: What are the top 3 things we need to keep our momentum going?
2. Read aloud Exodus 14:14, Psalm 37:7, and Isaiah 32:17. What theme is present in all of these verses?
3. What do people in the world do in their peaceful times or stillness? Is this any different than what we as Christians do? If so, why?
4. What one thing could we change in our life this week to help us keep our souls at peace? Please explain.
5. How do you flourish in the still times of your life?
6. How do we pray for each person this week?

## **Week 2: Relying on Others to help sustain our flourishing life in this still period.**

How can we help others in our Corps stay grounded and dedicated to relying on God?

*Let all I am wait quietly before God, for my hope is in him.* Psalm 62:5

1. Share about a time when you were going through a peaceful period of your life, and someone came alongside you to offer guidance?
2. Read aloud 1 Thessalonians 4:1; Psalm 5:3; Psalm 62:1; Psalm 62:5; Zephaniah 3:17. Why is being still and hearing the Lord's voice so important?
3. 1 Samuel 12:7 Now, stand still that I may plead with you before the LORD concerning all the righteous deeds of the LORD that he performed for you and your fathers. How can we help others flourish in their lives? How can we flourish while being still?
4. How do friendships help our Corps flourish?
5. Is there anyone you would like to reach out to and thank for their support and encouragement?
6. Does anyone have any answered prayers since our last meeting? How do we pray for each person this week?

### **Week 3: Retaining Balance when faced with adversity. How to remain Still.**

We need to help the people in our Corps focus on the things that matter most. Those who are stressed and overwhelmed may feel that all is lost, and their peacefulness could be jeopardized.

***"Be still and know that I am God; I will be exalted among the nations; I will be exalted in the earth."*** Psalm 46:10

1. If we had extra time this week, what would we do with it?
2. Read aloud Isaiah 26:3; John 14:27; and John 16:33. What is the way you kept your peacefulness this past week?
3. Why is it important for Christians to obey the 3rd Commandment?
4. Out of all the things we have on our plates daily—work, family, health, friends, and spirit—which one is the most likely to intrude on our peace? Why?
5. Which one is most likely to be dropped by us if we are in turmoil and not at peace?
6. Have you ever reached your limit of any of the following: physical, emotional, mental, space, or time? Why is it essential to examine the priorities in your life?
7. How can practice one of the tools of your faith-- prayer, journaling, worship, reading and studying the Bible, participating in a Bible study discussion group—help us with the limits and juggling?
8. What are 1 or 2 things you can do this week to maintain the stillness or peacefulness in your life?
9. How do we pray for each person this week?

## **Week 4: Holding on to our Peacefulness**

When discouragement enters, we may feel our peace is lost. This session is designed to help everyone in your Corps let go of the things causing the loss of peace.

***"Finally, be strong in the Lord and his mighty power. Put on God's full armor so you can take your stand against the devil's schemes."*** Ephesians 6:10-11

1. What things, when they enter our lives, cause us to lose focus on peaceful living?
2. Read Psalm 37:7; Isaiah 41:10; Matthew 11:28; and 1 Peter 5:7. How do these verses tie together? Which one speaks the most to you?
3. Reviewing this four-week study, ...what was each individual's favorite week, and why? Can it be put into practice?
4. What prayer does each of us want to be lifted by the group for our future?