



## **Still Room For Wonder Series**

## **Part 4 - "The Way Of Stillness"**

### **Small Group Material**

**December 17th, 2017**

### **Leader Guide**

**Bottom Line:** *The way to be loved is to be still.*

**Study Verses:** *Matthew 2:9-11, Ephesians 3:16-19, Psalm 40:3-8, Psalm 63:1-8, 2 Corinthian 5:13-15*

**Define The Win:** *Participants would understand how worship can be used as a weapon to fight against their fears, restlessness and worry. They would examine how their heart is currently expressing itself. Group members would take time out of their holiday schedule to be still and reflect.*

### **Key Points**

- *Christ invites us to align our heart to what is worthy of our affection.*
- *To be still is to SEEK. To be still is to ALLOW. To be still is to be LOVED.*
- *Love always overflows in a creative expression.*
- *We seek that which we want the most.*
- *If we're not seeking His Kingdom, we're just wasting time building our own.*
- *Restlessness makes us wonder in the wrong direction.*
- *What you are filled with dissipates what you are full of.*
- *We get filled with His love by grasping not with our hands, but our hearts.*

- *Worship is a weapon that pushes the darkness back in order to help us see beyond our circumstances and the emotion of our current situation.*
- *Love doesn't politely invite fear to leave. It comes full force to drive it out.*
- *His love for us empowers us to love and awakens us to see.*

## **ENCOUNTER**

*"Life with God [of God-with-us] isn't an intellectual proposition or mere doctrinal adherence, but it is a reality that unfolds before us in breathtaking detail, mediated through the actual experience of our lives." **Richard Foster***

- **What was the song that spoke to you most growing up? Why did you turn to this song (boost mood, inspiration, let off steam, pump you up, etc.)? How did this song speak to your heart?**
- **How can worship serve as a weapon to our restlessness and worry?**
- **Read the quote from Richard Foster. What does one miss out on when their experience with God is just that of strictly head knowledge? How are our eyes awakened to wonder when we live a life of faith?**
- **How does restlessness cause us to wonder in the wrong direction? What do our eyes gravitate towards when we're restless?**

## **FORMATION**

- **Read Matthew 2:9-11. How did seeking lead the wise men to worship?**
- **Read Ephesians 3:16-19. How does one begin to "grasp" the depth of Christ's love for them? What's the difference between grasping with our hands and grasping with our hearts?**
- **Read Psalm 40:3-8 and Psalm 63:1-8. How did the writer of these psalms use worship as a weapon? In what ways was he utilizing song as a way to refocus his eyes and refuel his heart?**
- **Read 2 Corinthians 5:13-15. How should Christ's love compel us to see the world around us and our part in it? Why does love always express itself?**

## **EXPRESSION**

- **Where do you need to use worship as a weapon? What would worship be battling against in this situation?**

- To seek is to see, allow and to be loved. Of the three, which one do you need to devote more energy and thought towards? Why does this one stick out?
- Take a moment to reflect on the current condition of your heart. At this moment, what is your heart full of? How does your answer make you feel?
- If we're not seeking God's Kingdom, we're building our own. Where are you wasting time and effort seeking your own kingdom? What would it look like to hand over this place to Christ?

**LEADER INSIGHT:** *Songs have the ability to bring us to places. We hear a tune and instantly we're transported back to our childhood, high school years or an important event of the past. Songs have the ability to bring us information. It's why we know that Jenny's phone number is 867-5309 and that the mode of transportation for that small town girl who was living in a lonely world was a midnight train.*

*Songs also have the ability to bring us to places where our hearts get exposed. When we're down in the dumps, there are tunes that pick us back up. When we're nervous or unsure of ourselves, we cling to lyrics that inspire us to reach to new heights. When we find that special someone, a song defines that relationship. Anger, worry, love, laughter - all the emotions under the sun have a song describing them.*

*For many of us, music serves as an escape. There's a place inside each of us where the rats dwell and fear resides. It may be subtle. It may be obvious. Or, you might have just become an expert at concealing and containing it. As soon as those thoughts and feelings creep to surface, we jump into the car or put on our headphones and turn the music up.*

*Yet, regardless of the volume of the song those places don't go away. And because these places of insecurity, fear and restlessness still reside, we can't be still. The stillness reminds us of restlessness. Restlessness makes us wonder, but in the wrong direction. We wonder what's wrong with me, what did I do, and we wonder if things can ever be different.*

*This gives way to all the other rodents to emerge and to begin to fill the space of our lives. We are full of fear and anxiety. It is what we use to compensate and convince other people that our kingdoms are in order and maybe even a little better than everyone else's. There is no freedom in living this way. There is no fullness - only the chaos, pain, anger and insecurities we are full of.*

*How does God tell us to respond to this madness? Quite simply, He tell us to learn a new song. God invites us to be still, wonder and reflect on His love. Worship is a weapon that pushes the darkness back in order to help us see beyond our circumstances and the emotion of our current situation. Christ's love puts a new song in our hearts.*

*All throughout the book of Psalm, we witness the writers pour out their hearts to God. Yet, in the midst of their pain, worry, anger and anxiety, worship springs up to refocus their eyes and refuel their hearts. We don't get filled with His love by working harder, promising more or trying to the best of our ability to earn it. We get filled by grasping not with our hands, but our hearts.*

*The way to be loved is to be still. We take in His love so it takes over our hearts. Love doesn't politely invite fear to leave. Through singing a better song, love comes in full force to drive it out. Yet, resting in His love does so much more. It enables us to not view stillness as a potential scary proposition, but rather an invitation to align our hearts with what it has been searching for all along.*

*Love always overflows in a creative expression. What we are filled with dissipates what we are full of. His love for us empowers us to love and awakens us to see.*