



Scripture:

PSALM 131

Key Question:

How do we slow down
and listen deeply?

Questions Every Time:

Reflect on these five questions and the deeper thinking questions in whatever order is most helpful for learning!

CONTEXT

COMPREHENSION

EVALUATION

DEEP THINKING

APPLICATION

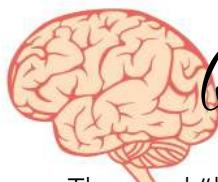
What else do we need to know to best understand this passage?

What's this passage saying?
[face value]

What does this passage teach us?
...about God? life? ourselves?

How is this different from what the world teaches?

If you applied what you learn from this passage, how would your life look different?



Questions For Deeper Thinking:

- The word "listen" contains the same letters as the word "silent," ever notice that? Take some time to sit. Slow down and be still.
- Look at verse 2, what does it mean to "calm and quiet" our souls? How do we do that?
- What are the things in our lives that make it difficult to calm and quiet our souls?
- What is the "noise" in your life? What is entering your eyes and ears on a daily basis?
- When was the last time you spent a significant amount of time in silence with no distractions? What happened? If it's been a while, when will you do that next? (Perhaps put it on your calendar.)
- When we are still, we often find that there are still voices and thoughts that clutter our mind. How does reading God's Word combat those voices?
- What habits in your life are currently preventing regularly slowing down to listen? What habits can be formed to encourage regularly slowing down to listen?

SONG

SLOW DOWN | CHUCK GERARD

QUOTE

"Why should God speak to me? What am I doing in life that would make speaking to me a reasonable thing for him to do? Are we in business together in life? Or am I in business just for myself, trying to 'use a little God' to advance my projects?" - Dallas Willard