

# MORE

## I get more when I quiet my life

**R**ead the following quotes and talk about the one that is the most profound to you regarding quiet.

*"The sole cause of man's unhappiness is that he does not know how to stay quietly in his room." -Blaise Pascal*

*"Quiet is a think tank of the soul." -Gordon Hempton*

*"Those who dance are thought mad by those who hear not the music."  
-Old adage*

*"The voice of the Spirit is as gentle as a zephyr, So gentle that unless you are living in perfect communion with God, you never hear it" -Oswald Chambers.*

*"Silence is the great revelation." -Lao-Tzu*

The Bible is filled with benefits to listening to God. Take a moment to read the following verses and then talk about what each verse means to you in your life.

[Proverbs 3:5,6](#)

[Psalm 32:8](#)

[Proverbs 16:9](#)

[Isaiah 48:17](#)

God is always speaking, unfortunately our lives are too loud. What are the noises in your life that keep you from hearing God's voice.

We get more when we quiet our life long enough to pray our most heartfelt prayer

Take a moment to read the following verses about prayer.

[Romans 8:26,27](#)

[John 16:24](#)

[1 John 5:14,15](#)

What prayer in your life seems so big you're afraid to pray it?

2) The more I quiet my life the more I can hear God's whisper

Take a moment to read and discuss the following quote from *Whisper* by Mark Batterson

Listening doesn't happen by default; it happens by design. You have to go outside the camp and build a tent of meeting. You have to seek solitude, seek silence. You have to ruthlessly eliminate distractions. And you have to turn some voices down or tune them out altogether. It might be as innocent as talk radio or as innocuous as social media. Why not turn off the radio and talk to God during your commute? Or fast from social media for a season? Or take a silent retreat?"

"Thomas Edison had a "thinking chair." Alexander Graham Bell had a "dreaming place" overlooking the Grand River. Henry David Thoreau skipped stones on Walden Pond. Then there was Ludwig van Beethoven, who began his day at dawn with a cup of coffee that he prepared with great care by counting sixty beans per cup. He sat at his desk until early afternoon and then

took a stroll to reinvigorate his mind. He carried a pencil and a few sheets of music paper in his pocket to record chance musical thoughts. Your whispering spot will be as unique as you are, but you need to find a time, find a place. May I ask a seemingly silly question? Have you ever tried setting up a meeting with someone without designating a time and place?

What time and place do you want to designate to meet with God in the quiet this week?

**R**ead this verse with your group and then sit in silence.

**Psalm 46:10** Be still, and know that I am God.

Here are some practices to do during the silence

- Ask God for his wisdom in an area of your life
- Come before him with your most important request
- Ask God to whisper to you
- Pray that God would give you direction

