

Growth Group Discussion Q's

May 3, 2026

- **Fun Discussion Starter:** What is your go-to road trip snack food?

Be Still – Message by Dennis Barrett

This Sunday, Dennis Barrett spoke on the subject of Prayer from Psalm 46:10 “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

1. Be Still

So much of our attention is occupied by day-to-day tasks, responsibilities and relationships in addition to the constant distraction of technology and communication. Such information overload often leaves us in an unsettled and agitated state. The first practice of prayer is developing the skill of slowing down and quieting our heart and mind in order to simply “be” in the presence of God.

Luke 5:16 (NIV) — 16 But Jesus often withdrew to lonely places and prayed.

Mark 1:35 (NIV) — 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 6:12 (NIV) — 12 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.

- How hard is it for you to quiet your mind when sitting in stillness?
- What are some things that have helped you to quiet your anxious or disruptive thoughts when in prayer?

2. Know God through Creation

Secondly, after quieting our hearts, we turn toward adoration and worship – meditating on the wonder, power and majesty of God.

Psalms 8:3–4 (NIV) — 3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, **4** what is mankind that you are mindful of them, human beings that you care for them?

Psalms 19:1 (NIV) — 1 The heavens declare the glory of God; the skies proclaim the work of his hands.

- What are the ways that you are reminded of the majesty, power and vast wisdom of God? What kinds of things or experiences create a sense of “awe” in your reflections about God?

3. Remember Who We Are

Lastly, it is important to reflect on who we are before God and how he loves us.

Psalms 103:8 (NIV) — 8 The LORD is compassionate and gracious, slow to anger, abounding in love.

Psalm 103:11–12 (NIV) — 11 For as high as the heavens are above the earth, so great is his love for those who fear him; **12** as far as the east is from the west, so far has he removed our transgressions from us.

Psalm 103:13–14 (NIV) — 13 As a father has compassion on his children, so the LORD has compassion on those who fear him; **14** for he knows how we are formed, he remembers that we are dust.

Psalm 39:4 (NIV) — 4 “Show me, LORD, my life’s end and the number of my days; let me know how fleeting my life is.

- Though we are weak and our lives are short compared to the nature of God, he loves us, is patient toward us and listens to us when we pray. How does this reality affect how you feel about communing with God in prayer?
- Why is it helpful to reflect on our limits when spending time with God in prayer?

Practicing the Steps

Consider spending time as a group in prayer following the above steps, spending a few minutes in each category, practicing quieting our hearts in stillness, reflecting on the majesty of God in adoration and practicing gratitude and comfort in our weakness.