

NOTES

Be Still.

Simple, transformative practice
of being with God.

WEEK 1 | Encounter

PRAYER

Heavenly Father, we come before You seeking encounters with You in every season of life. Grant us hearts that are open to Your presence, minds that are attuned to Your voice, and spirits that are receptive to Your leading. Help us to find stillness in the midst of busyness and to encounter You in the hidden places of our hearts. In Jesus' name, Amen.

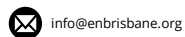


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OPENING QUESTION (OPTIONAL)

Who is the most influential or famous person you've ever met? Was the encounter with them like you imagined it would be? Why/Why Not?

WORD

(read together as a group)

31 And (Jesus) said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. 32 And they went away in the boat to a desolate place by themselves. 33 Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. 34 When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.

45 Immediately he made his disciples get into the boat and go before him to the other side, to Bethsaida, while he dismissed the crowd. 46 And after he had taken leave of them, he went up on the mountain to pray.

[Mark 6:31-34, 45-46 \(ESV\)](#)

DISCUSSION QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. Reflect on Jesus' example of seeking solitude and encountering God even when life and ministry were thriving (Mark 6:31-34). How can we prioritize encountering God in seasons of abundance and success?
2. Consider how Jesus encountered God amidst the demands of ministry and the crowds seeking His attention (Mark 6:31-34). How can we find stillness and encounter God in the midst of busyness and distractions? Discuss practical strategies for carving out time for solitude and spiritual renewal in our daily routines.
3. Explore Jesus' encounter with God in the midst of grief and loss, following the death of His cousin John the Baptist (Mark 6:31-34). How does encountering God sustain us during times of crisis and sorrow?
4. Reflect on the concept of finding "room in the garden" (Gannah) as a symbol of encountering God in the hidden places of our hearts (Mark 6:31-34). Where do you find stillness and solitude to encounter God in your life?
5. Discuss practical ways to create space for encountering God, whether through prayer, meditation, nature walks, or other spiritual disciplines.

If anyone in the group desires to trust Jesus more in the midst of busyness or to receive Him as their Lord and Saviour, they can pray this prayer:

"Lord Jesus, in the midst of our busy lives, we surrender to You and seek Your perfect peace. Help us to trust You more deeply and to find stillness in Your presence. We confess our sins and invite You to be the Lord of our lives. Thank You for Your love, grace, and salvation. In Your name, Amen."